

veggie-full™

*100
ways to*
**EAT
FRESH**

CUCUMBER SALADS

20-MINUTE SIDES

A POTATO FOR
EVERY OCCASION

ASPARAGUS
YOU'LL LOVE!

ROASTED
VEGETABLE
TART
p. 35

NOODLES WITH A VEGGIE TWIST.



Introducing Green Giant Veggie Spirals™, an exciting new take on noodles. Spiralized from fresh carrots, zucchini, beets and butternut squash, they're made from 100% vegetables and are gluten-free, with no sauce or seasoning added.

A family-friendly alternative to pasta!



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Riced is the rage. If you haven't been a fan of cauliflower, these riced recipes will have you looking at it in a whole new light.



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veggie **TOOLS**

SUMMER'S BUMPER CROP BRINGS VEGGIE-CENTRIC DISHES TO THE TABLE. OUR TEST KITCHEN'S FAVORITE PICKS GIVE YOU A (CUTTING) EDGE WHEN PREPPING SEASONAL RECIPES.



←
SMART NOODLE
 A savvy design keeps the base secured to the counter while you zoodle away.

- 1. WÜSTHOF CLASSIC 4½-INCH ASIAN UTILITY KNIFE** The dual-purpose design fulfills the utility in its name. A tapered tip handles detail work (stemming tomatoes); the sturdy blade tackles heavy prepping (dicing potatoes and squash). \$74.95; williams-sonoma.com ♦ **2. CUISINART BOX GRATER** Our team relies heavily on this classic model to grate small batches of fruits and veggies for cakes, fritters, and bread. \$12.99; cuisinartwebstore.com ♦ **3. KYOCERA ADJUSTABLE SLICER WITH GUARD** Shave paper-thin slices of red sweet pepper or fennel into your salad bowl with this handheld mandoline. The ceramic blade stays 10 times sharper than steel without rusting. \$24.95; kyoceraadvancedceramics.com ♦ **4. MICROPLANE 2-IN-1 CORE AND PEEL** At one end, a long blade eases coring vegetables to stuff before baking. For nubby bits like ginger, use the tiny peeler on the other end. \$12.95; us.microplane.com ♦ **5. OXO TABLETOP SPIRALIZER** Its size means you can make “noodles” from whole vegetables. A large suction cup locks the device securely to the countertop. \$39.99; oxo.com



SIMPLE SIDES

*SCRATCH THE USUAL BUTTER-SALT COMBO
AND REINVENT YOUR VEGGIES. A FEW
BASIC INGREDIENTS BUMP UP THE
FLAVOR, MAKING THESE 4-INGREDIENT
SIDES OUT OF THE ORDINARY.*



2 TBSP.
*balsamic
vinegar*



2 TBSP.
olive oil



5 CUPS
*broccoli
florets*



2 TBSP.
*shaved
Parmigiano-
Reggiano
cheese*



BALSAMIC-ROASTED BROCCOLI

HANDS-ON TIME 10 minutes

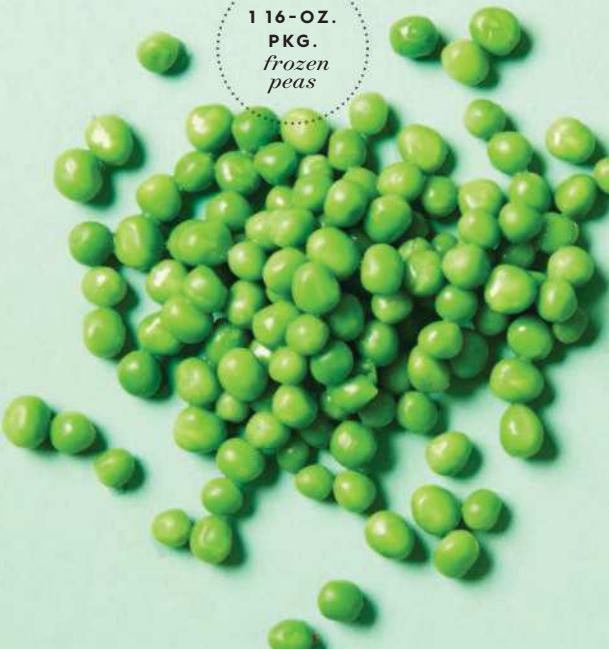
TOTAL TIME 20 minutes

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Place **broccoli** in prepared pan. In a small bowl whisk together **oil** and **vinegar**. Drizzle broccoli with vinegar mixture and, if desired, sprinkle with **salt** and **black pepper**; toss to coat.

2. Roast 10 minutes or until broccoli is crisp-tender and edges are light brown. Top with **cheese***. Before serving, drizzle with additional vinegar mixture. **Makes 4 servings (1 cup each).**

***TIP** If you like, sub 2 Tbsp. golden raisins or 2 Tbsp. toasted pine nuts for the cheese—or use all three.


PER SERVING 119 cal., 8 g fat (1 g sat. fat), 2 mg chol., 83 mg sodium, 10 g carb., 3 g fiber, 4 g sugars, 4 g pro.



1 16-OZ.
PKG.
frozen
peas



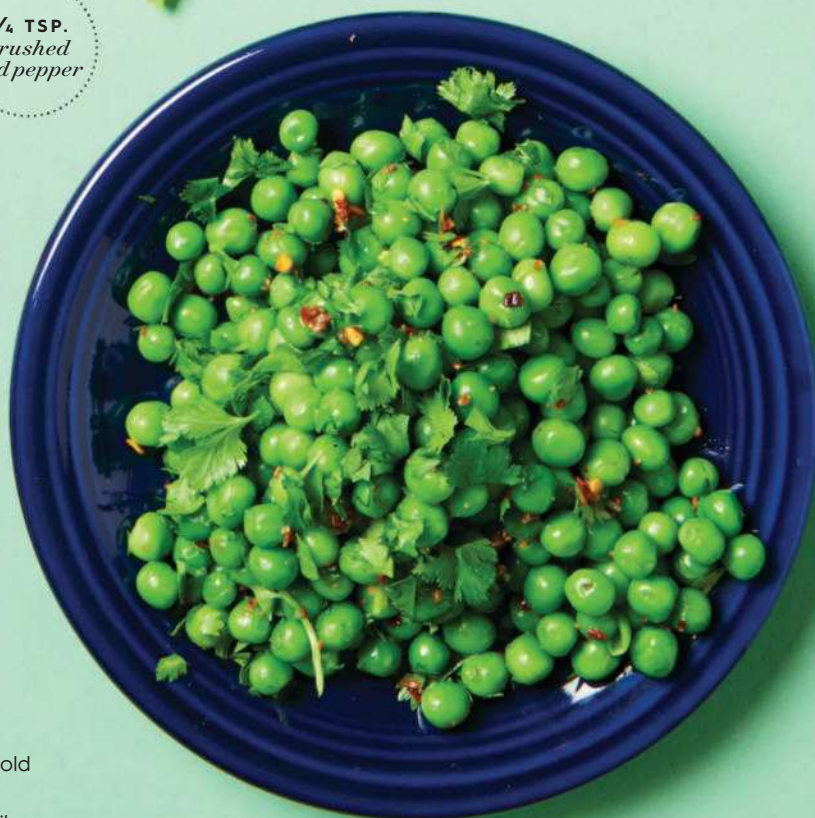
2 TBSP.
snipped
fresh
cilantro



$\frac{1}{4}$ TSP.
crushed
red pepper



1 TSP.
cumin
seeds,
crushed



CUMIN-SCENTED PEAS

START TO FINISH 10 minutes

1. Place frozen **peas** in a colander; rinse with cold water to thaw. Drain and pat dry.
2. In a large saucepan heat 2 tsp. *vegetable oil*, such as corn or canola, over medium-high heat. Add **crushed red pepper** and **cumin**; cook and stir 30 seconds or until fragrant. Stir in peas. Cook 3 minutes, stirring occasionally. Add **cilantro**; cook and stir 30 seconds more. If desired, season to taste with *salt*. **Makes 6 servings** ($\frac{1}{2}$ cup each).

PER SERVING 73 cal., 2 g fat (0 g sat. fat), 0 mg chol., 82 mg sodium, 10 g carb., 3 g fiber, 4 g sugars, 4 g pro.



4 TSP.
basil pesto



1/2 CUP
red sweet
pepper
strips



1/4 CUP
whole wheat
panko bread
crumbs



2 12-OZ.
PKG.
refrigerated
zucchini
spirals



ZUCCHINI "NOODLES" & SWEET PEPPER SAUTÉ

START TO FINISH 15 minutes

1. In a small bowl combine **panko** and 1 tsp. of the **pesto**. Heat a 12-inch nonstick skillet over medium-high heat. Add panko mixture; cook 2 minutes or until golden, stirring frequently. Remove from skillet.
2. In same skillet combine **zucchini**, **sweet pepper**, and remaining 3 tsp. pesto. Cook 2 minutes or until vegetables are crisp-tender, stirring occasionally. Transfer to a serving dish. Sprinkle with panko mixture and, if desired, *salt* and *black pepper*. **Makes 4 servings (1 cup each).**

PER SERVING 71 cal., 2 g fat (0 g sat. fat), 0 mg chol., 70 mg sodium, 10 g carb., 3 g fiber, 5 g sugars, 3 g pro.



1 THIN
SLICE
prosciutto



4 TBSP.
olive oil



4 CUPS
*trimmed
and halved
Brussels
sprouts*



1 TBSP.
lemon juice

CARAMELIZED BRUSSELS SPROUTS WITH PROSCIUTTO

START TO FINISH 20 minutes

1. Cut **prosciutto** into thin strips; set aside. In a 12-inch nonstick skillet heat 3 Tbsp. of the **oil** over medium heat. Arrange **Brussels sprouts**, cut sides down, in a single layer in skillet. Drizzle with remaining 1 Tbsp. oil; sprinkle with *salt* and *black pepper*.

2. Cook, covered, 3 minutes. Sprinkle with 2 Tbsp. *water*. Cook, covered, 2 minutes or just until sprouts begin to caramelize and are nearly tender.

3. Increase heat slightly. Add prosciutto; cook, uncovered, 1 to 2 minutes more or until sprouts are well-caramelized. Remove from heat. Drizzle with **lemon juice**; toss to coat.

Makes 6 servings ($\frac{2}{3}$ cup each).

PER SERVING 110 cal, 9 g fat
(1 g sat. fat), 1 mg chol., 97 mg sodium,
5 g carb., 2 g fiber, 1 g sugars, 3 g pro.





4 LB.
asparagus
spears

2 TBSP.
fresh dill
weed



1/2 CUP
reduced-
sodium
chicken
broth



1/4 CUP
Dijon-style
mustard



ASPARAGUS IN MUSTARD-DILL SAUCE

HANDS-ON TIME 10 minutes
TOTAL TIME 25 minutes

1. Preheat oven to 425°F. Snap off and discard woody bases from **asparagus**. Arrange asparagus in a 3-qt. rectangular baking dish. In a small bowl combine **broth** and **mustard**. Pour over asparagus, turning to coat.
2. Bake 15 to 20 minutes or until asparagus is crisp-tender. Transfer to a serving dish. Sprinkle with snipped **fresh dill weed** and **black pepper**. **Makes 8 servings** (3/4 cup each). **PER SERVING** 47 cal., 0 g fat, 0 mg chol., 212 mg sodium, 9 g carb., 5 g fiber, 4 g sugars, 5 g pro.

A vibrant advertisement for healthy drinks. Three tall, clear glasses are filled with smoothies. The leftmost glass contains a bright green smoothie topped with fresh mint leaves. The middle glass is filled with a bright orange smoothie and garnished with a whole carrot. The rightmost glass contains a deep red smoothie. The background is a bright blue wall with a pattern of colorful, stylized fruits and leaves. In the foreground, there are fresh raspberries and blackberries on the right, and a sprig of mint on the left. The text 'DRINK up' is overlaid in the center, with 'DRINK' in large white block letters and 'up' in a smaller, green, cursive font.

DRINK *up*

NEED A LITTLE RESTART? PICK YOUR POTION. SIP YOUR WAY TO



FEELING GREAT WITH DELICIOUSLY SIMPLE JUICES AND SMOOTHIES.

→

IMMUNITY BOOSTER
VITAMIN C
BERRY SHAKE

Need a winter immuno-boost? Vitamin C-rich berries, OJ, and bee pollen will do the trick. "Probiotics aid digestion and boost immunity, and the powder goes undetected in smoothies," chef Candice Kumai says. "Bee pollen is chock-full of amino acids and gives the shake a little sweetness."

→

TUMMY TAMER
CINNAMON
& GINGER
CARROT JUICE

Ginger and cinnamon give carrot juice a zippy edge. "Fresh ginger is one of my favorites to juice," Candice says. "It's anti-inflammatory, full of antioxidants, and great for digestion." When buying gingerroot, peel, chop into 1-inch pieces, then freeze up to 3 months.

MORNING BOOSTER
CUCUMBER-
MINT
REFRESHER

Start the day with a hydrating mix of cooling mint, cucumber, and honeydew melon. "Honeydew adds great liquid volume to juices, and you can throw it in the juicer, peel and all," Candice says.

→

ENERGIZER
BETROOT
BLEND

"Beet" the afternoon slump with a sweet and tart wake-me-up of beets, apple, and lemon juice. "Lemon juice gives the drink a brightness that lets all the flavors shine," Candice says. "The citric acid in the fruit also slows oxidation, so it keeps its beautiful color as you sip."

←

BRAIN BOOSTER
MATCHA
SMOOTHIE

Matcha (aka powdered green tea) promotes mental clarity and helps you chill out. "Matcha is showing up everywhere, and for good reason," Candice says. "Not only can it help boost metabolism, but it helps you relax and is a natural detoxifier."

←

MATCHA SMOOTHIE

TOTAL TIME 10 minutes

- 1½ cups refrigerated unsweetened coconut milk
- 2 cups baby spinach
- 1 banana, cut up and frozen
- 2 tsp. matcha (green tea powder)
- 1 tsp. bee pollen powder (optional)
- 1 cup ice cubes

1. Combine all ingredients in a blender; blend until smooth. Serve immediately.

Makes 3 servings.

PER SERVING 67 cal., 2 g fat (2 g sat. fat), 0 mg chol., 52 mg sodium, 10 g carb., 2 g fiber, 5 g sugars, 1 g pro.

CUCUMBER-MINT REFRESHER

TOTAL TIME 10 minutes

- 3 cups baby spinach
- 1 large cucumber
- ¾ cup honeydew melon
- ½ cup fresh mint
- ¼ cup fresh basil

1. In a high-powered juicer carefully add all ingredients; juice into a clean pitcher. Whisk well and serve immediately. **Makes 2 servings.**

BLENDER OPTION Peel, seed, and chop cucumber and honeydew. Place all ingredients in a high-powered blender; blend until nearly smooth. Pour mixture through a fine-mesh sieve into glasses to serve.

PER SERVING 76 cal., 0 g fat, 0 mg chol., 87 mg sodium, 16 g carb., 5 g fiber, 8 g sugars, 4 g pro.

CINNAMON & GINGER CARROT JUICE

TOTAL TIME 10 minutes

- 10 organic carrots (1 lb.), scrubbed
- ½ medium cucumber, peeled if desired
- 1 Tbsp. chopped, peeled fresh ginger
- 1 tsp. ground cinnamon

1. In a high-powered juicer carefully add carrots, cucumber, and ginger; juice into a clean pitcher. Whisk in cinnamon and serve immediately.

Makes 2 servings.

BLENDER OPTION Peel and chop carrots; peel, seed, and chop cucumber. Place all ingredients in a high-powered blender; blend until nearly smooth. Pour mixture through a fine-mesh sieve into glasses to serve.

PER SERVING 102 cal., 1 g fat (0 g sat. fat), 0 mg chol., 158 mg sodium, 24 g carb., 7 g fiber, 11 g sugars, 2 g pro.

BEETROOT BLEND

TOTAL TIME 10 minutes

- 3 cups baby spinach
- 2 stalks celery, cut up
- 2 medium beets (8 oz.), scrubbed, trimmed, and quartered
- 1 Fuji or Gala apple, quartered and seeds removed
- 2 Tbsp. lemon juice

1. In a high-powered juicer carefully add spinach, celery, beets, and apple; juice into a clean pitcher. Add lemon juice and serve immediately. **Makes 2 servings.**

BLENDER OPTION Peel and chop beets; seed and chop apple. Place all ingredients in a high-powered blender; blend until nearly smooth. Pour mixture through a fine-mesh sieve into glasses to serve.

PER SERVING 126 cal., 0 g fat, 0 mg chol., 187 mg sodium, 29 g carb., 8 g fiber, 18 g sugars, 4 g pro.

VITAMIN C BERRY SHAKE

TOTAL TIME 10 minutes

- ½ cup water
- 1 cup freshly squeezed orange juice (3 to 4 oranges)
- 1 cup frozen blackberries
- ½ cup frozen raspberries
- 1 cup 2% plain Greek yogurt
- 1 Tbsp. bee pollen powder
- 1 tsp. probiotics powder

1. Combine all ingredients in a blender; blend until smooth. Serve immediately.

Makes 3 servings.

PER SERVING 153 cal., 2 g fat (1 g sat. fat), 4 mg chol., 32 mg sodium, 25 g carb., 5 g fiber, 18 g sugars, 10 g pro.



MEET Candice Kumai

We tapped celebrity chef and clean-food expert Candice Kumai (candicekumai.com) to create these fresh juices and smoothies. Here are her basics on equipment to get you started:

WHAT'S THE BENEFIT TO JUICING AND BLENDING CLEAN DRINKS?

You know exactly what you're putting in your body. These drinks are based on nutritious whole foods and are an easy way to give your body vitamins and minerals it needs to thrive.

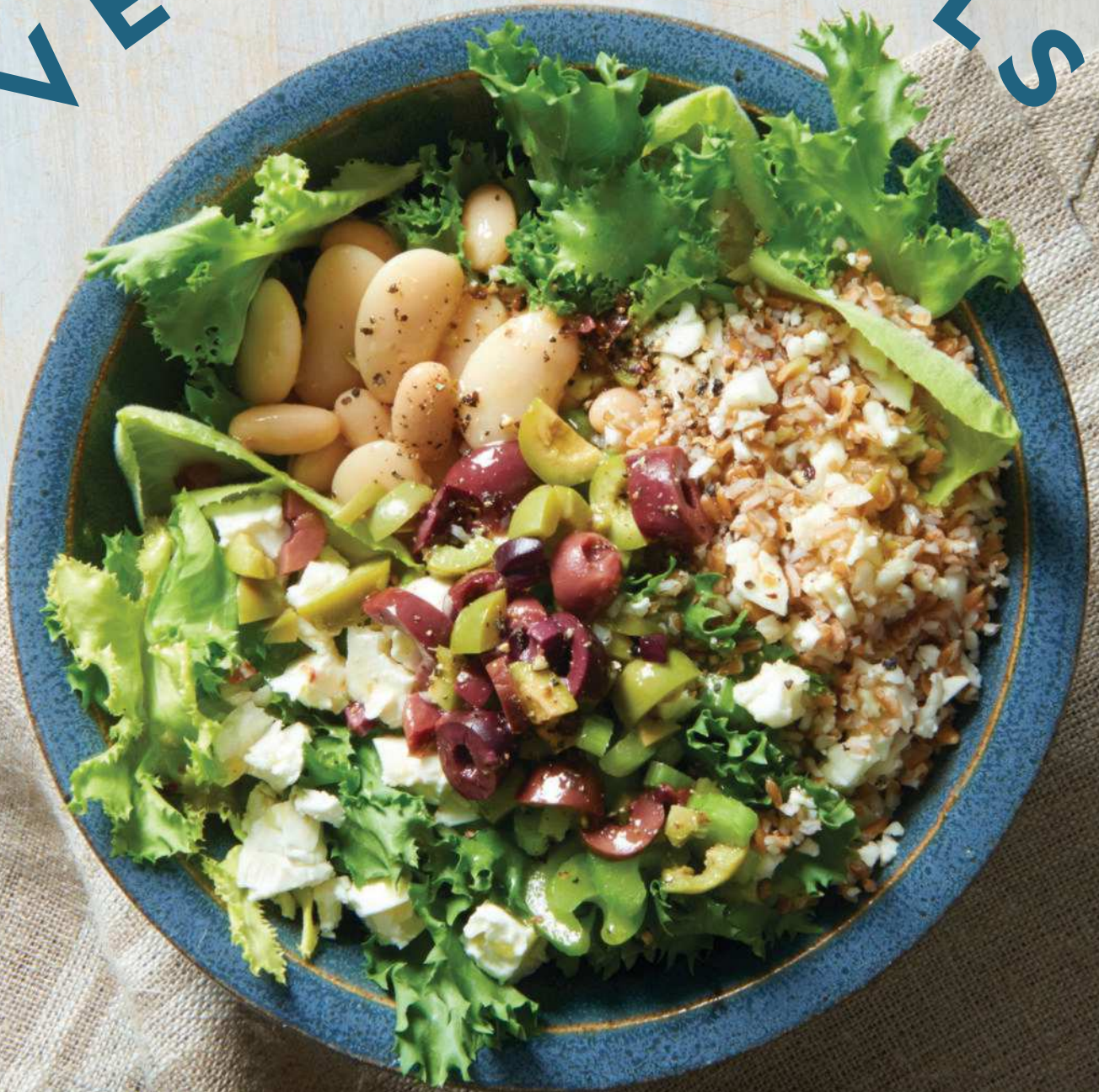
HOW DO I ENSURE A SMOOTH DRINK IN MY BLENDER?

Pour in the liquids first. Then add the fruits and vegetables. It's easier on the blender and gets things moving. Start on the lowest speed and wait a few seconds for the bigger pieces to break down, then turn to high. If you go full throttle right off the bat, you might create air bubbles and have to deal with a shaky blender.

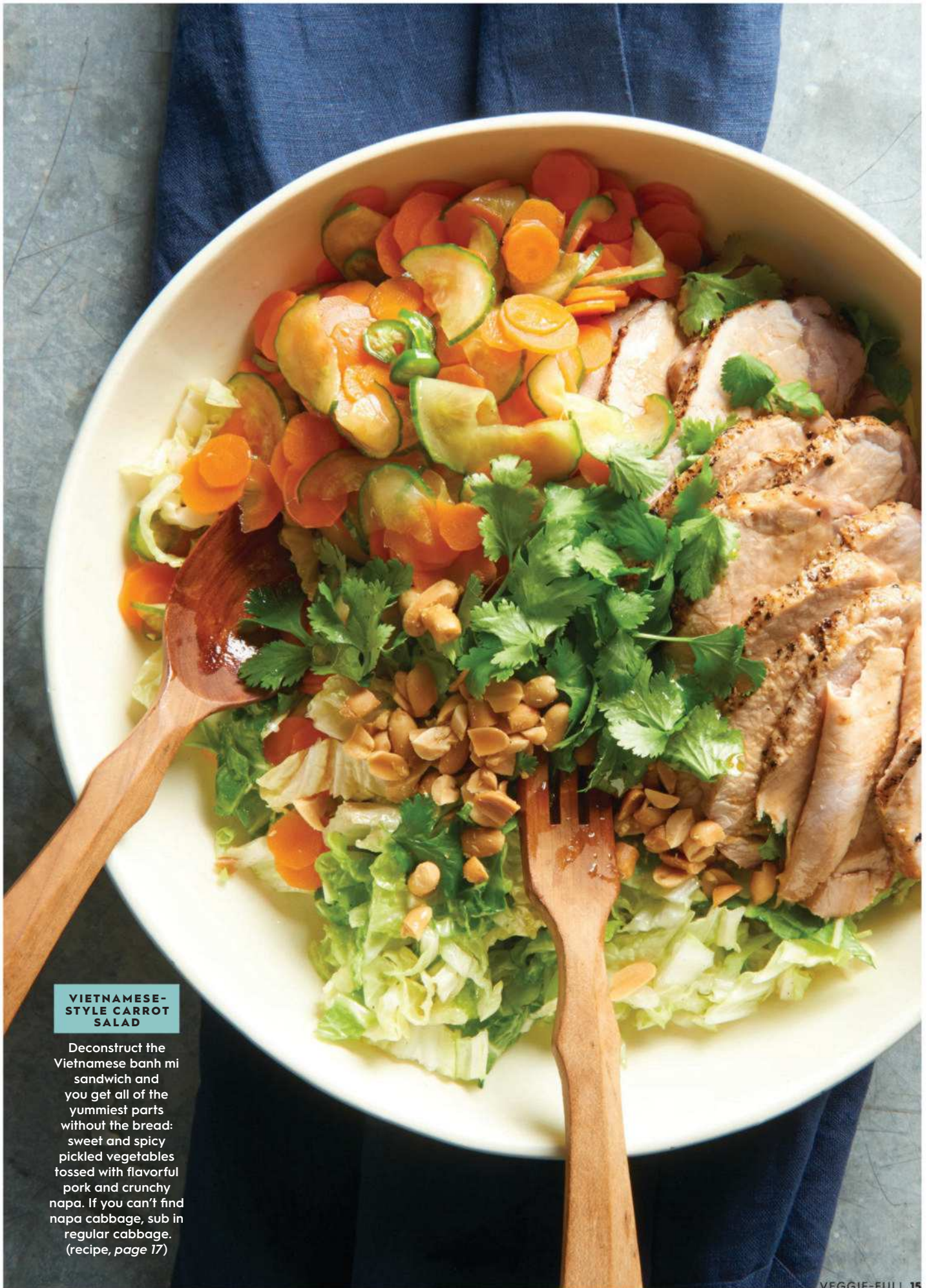
WHICH BLENDERS DO YOU RECOMMEND?

I love the high-power Vitamix 5200 (\$450). The quality is absolutely worth the investment.

VEGGIE BOWLS



THE BEAUTY OF VEGETABLE OR GRAIN BOWLS?
THEY ARE WHAT YOU MAKE THEM. FOLLOW THE RECIPES HERE
OR SUB IN INGREDIENTS YOU HAVE ON HAND.

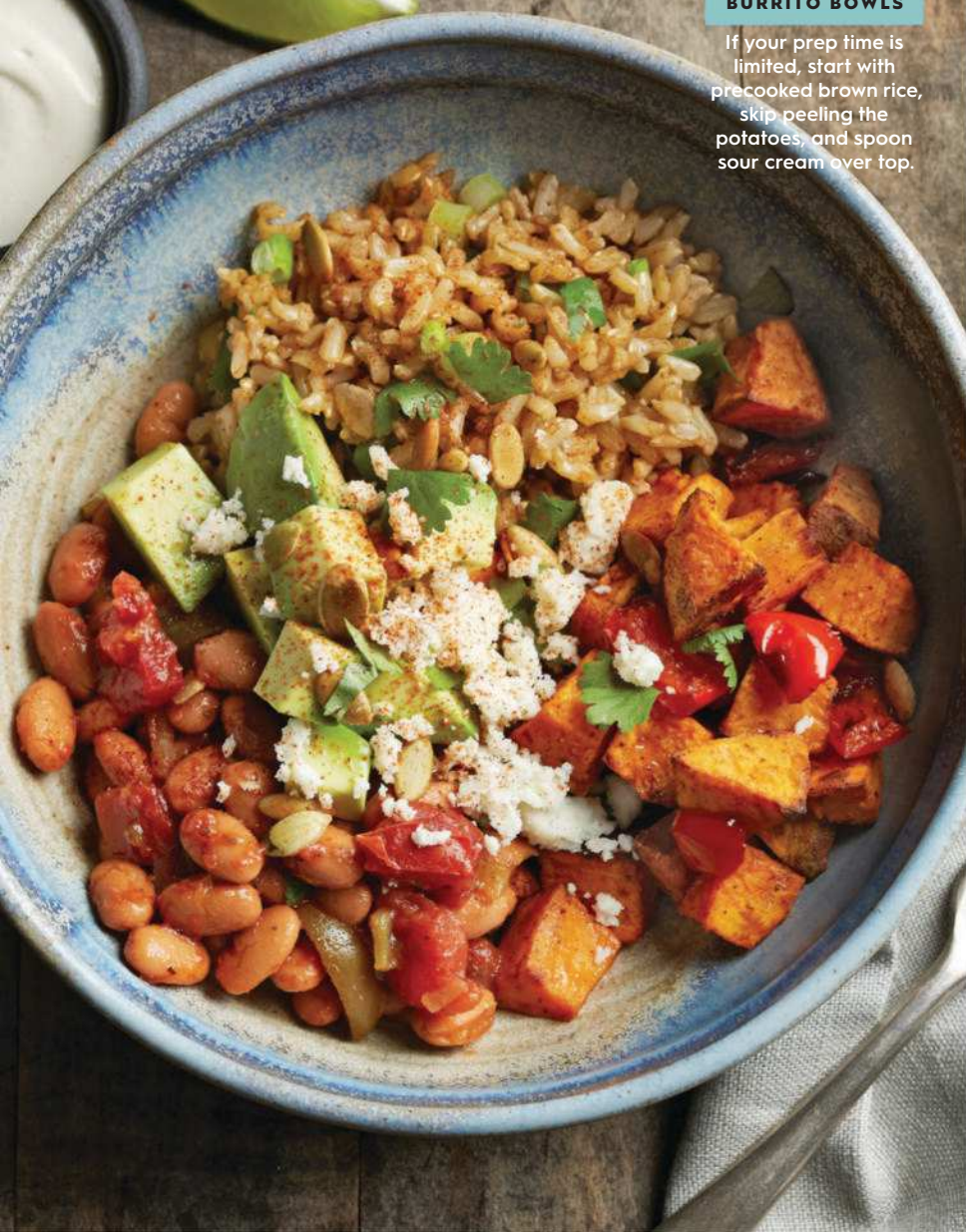


**VIETNAMESE-
STYLE CARROT
SALAD**

Deconstruct the Vietnamese banh mi sandwich and you get all of the yummiest parts without the bread: sweet and spicy pickled vegetables tossed with flavorful pork and crunchy napa. If you can't find napa cabbage, sub in regular cabbage. (recipe, page 17)

SWEET POTATO BURRITO BOWLS

If your prep time is limited, start with precooked brown rice, skip peeling the potatoes, and spoon sour cream over top.



SWEET POTATO BURRITO BOWLS WITH CASHEW CREAM

HANDS-ON TIME 30 minutes

TOTAL TIME 75 minutes

- 1½ cups vegetable stock or water
- ⅔ cup uncooked regular brown rice
- ¼ cup chopped fresh cilantro
- 2 Tbsp. sliced green onion
- 3 cups ¾-inch pieces peeled sweet potatoes
- 1 cup coarsely chopped red sweet pepper
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- ¼ tsp. salt
- 1 15-oz. can pinto beans, rinsed and drained

- ¼ cup salsa
- ¼ cup Cashew Cream or sour cream
- Toppings, such as chopped avocado, salsa, crumbled queso fresco, and/or toasted pepitas (optional)
- Lime wedges (optional)

1. Preheat oven to 425°F. In a medium saucepan bring stock to boiling. Stir in rice. Return to boiling; reduce heat. Simmer, covered, 45 minutes or until rice is tender and broth is absorbed. Remove from heat. Fluff with a fork and stir in cilantro and green onion.
2. Meanwhile, line a 15×10-inch baking pan with foil. In prepared pan combine next five ingredients (through salt); toss to coat. Roast 30 minutes or until potatoes

are light brown and tender, stirring once.

3. In a bowl stir together beans and salsa.
4. Divide rice among serving bowls. Top with sweet potato and bean mixtures. Drizzle with Cashew Cream. If desired, serve with toppings and additional cilantro, onions, and lime wedges. Dust with chili powder. **MAKES 4 SERVINGS.**

CASHEW CREAM In a small bowl combine 1 cup raw cashews and enough boiling water to cover. Let stand, covered, 30 minutes; drain. In a food processor combine cashews; ½ cup water; 2 tsp. cider vinegar; 1 tsp. lime juice; 1 small clove garlic, minced; and ⅛ tsp. salt. Cover and process until smooth, adding additional water as needed to reach drizzling consistency.

TIP Burrito bowls can be assembled in airtight containers and stored in the refrigerator up to 3 days.

PER SERVING 369 cal., 7 g fat (1 g sat. fat), 0 mg chol., 764 mg sodium, 66 g carb., 11 g fiber, 9 g sugars, 10 g pro.

BULGUR-CAULIFLOWER BOWLS WITH OLIVE DRESSING

The chicories—endive and escarole—have a pleasantly bitter edge that adds an interesting flavor layer to this grain bowl. They are in season from late fall to early spring. In late spring and summer, sub in arugula or kale. Pictured on page 14.

START TO FINISH 25 minutes

- 2 cups boiling water
- 1 cup bulgur
- 2 cups chopped cauliflower or packaged riced cauliflower
- ½ cup pitted Kalamata and/or green olives, coarsely chopped
- 3 Tbsp. lemon juice
- 3 Tbsp. olive oil
- 1 small clove garlic, minced
- 4 cups greens, such as escarole, Belgian endive, and/or endive
- 3 cups thinly sliced celery
- 1 15-oz. can Great Northern or butter beans, rinsed and drained
- 1 cup crumbled feta cheese (4 oz.)

1. In a large heatproof bowl pour the boiling water over bulgur. Let stand, covered, 15 minutes.

2. Meanwhile, place chopped cauliflower, if using, in a food processor. Cover and pulse until finely chopped.

3. For dressing, in a small bowl combine olives, lemon juice, oil, and garlic. Season to taste with *black pepper*.

4. Drain bulgur; return to large bowl. Stir in cauliflower. Divide mixture among serving bowls. Top with remaining ingredients and serve with dressing.

MAKES 4 SERVINGS.

PER SERVING 456 cal, 23 g fat (7 g sat. fat), 33 mg chol., 1,185 mg sodium, 49 g carb., 13 g fiber, 4 g sugars, 16 g pro.

VIETNAMESE-STYLE CARROT SALAD

Pictured on page 15.

HANDS-ON TIME 30 minutes

TOTAL TIME 2 hours 30 minutes (includes 2 hours stand time)

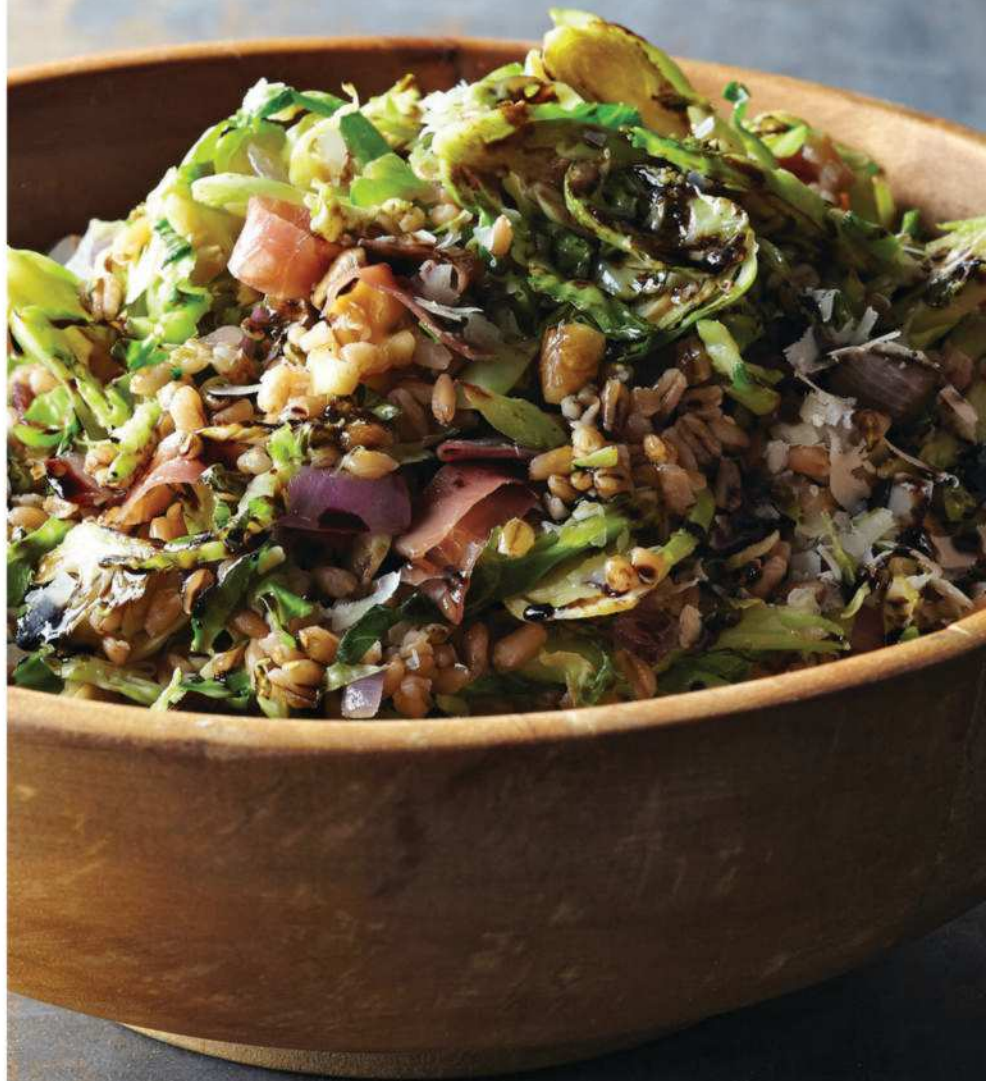
- 1 medium seedless cucumber, halved lengthwise and thinly sliced
- 1 fresh serrano chile pepper, thinly sliced (tip, p. 39)
- 1 cup rice vinegar
- 2 Tbsp. packed brown sugar
- ½ tsp. kosher salt
- 3 cups very thinly sliced carrots
- ¼ cup olive oil
- 6 cups coarsely shredded napa cabbage
- 12 oz. cooked pork loin, thinly sliced
- 1 cup fresh cilantro leaves
- ⅓ cup peanuts, chopped

1. In a medium heatproof bowl combine cucumber and serrano pepper. In a medium saucepan bring vinegar, brown sugar, and salt to boiling, stirring to dissolve sugar. Add carrots. Return to boiling; reduce heat. Cook, covered, 1 minute. Pour carrot mixture over cucumber mixture; stir to combine. Let stand, covered, at room temperature 2 hours, stirring occasionally.

2. Drain vegetables, reserving ¼ cup of the pickling liquid. In a large bowl combine reserved liquid and oil. Add cabbage; toss to coat. Top with pickled vegetables, meat, cilantro, and peanuts.

MAKES 6 SERVINGS.

PER SERVING 327 cal, 23 g fat (5 g sat. fat), 47 mg chol., 187 mg sodium, 14 g carb., 4 g fiber, 7 g sugars, 18 g pro.



ITALIAN-STYLE FRIED FARRO

START TO FINISH 20 minutes

- 2 Tbsp. olive oil
- 1 10-oz. pkg. shaved Brussels sprouts*
- ½ cup coarsely chopped red onion
- 2 oz. very thinly sliced prosciutto, cut into thin strips
- ½ cup chopped walnuts
- 2 cloves garlic, minced
- 3 cups cooked farro,** chilled
- 2 Tbsp. balsamic glaze
- 2 Tbsp. shredded Parmesan cheese
- 2 Tbsp. chopped fresh basil
- Cracked black pepper

1. In a wok or 12-inch nonstick skillet heat 1 Tbsp. of the oil over medium-high heat. Add Brussels sprouts and onion; cook and stir

4 minutes or just until crisp-tender. Add prosciutto, walnuts, and garlic; cook and stir 2 minutes. Add farro and the remaining 1 Tbsp. oil. Cook and stir 3 to 4 minutes more or until heated through.

2. To serve, drizzle balsamic glaze over Brussels sprouts mixture. Sprinkle with cheese, basil, and pepper.

MAKES 4 SERVINGS.

***TIP** If you can't find packaged shaved Brussels sprouts, cut 10 oz. fresh Brussels sprouts into thin slices.

****TIP** To cook farro, in a medium saucepan combine 3 cups reduced-sodium chicken broth or water and 1¼ cups farro. Bring to boiling; reduce heat. Simmer, covered, 25 to 30 minutes or until farro is tender. Drain if necessary.

PER SERVING 461 cal, 20 g fat (3 g sat. fat), 17 mg chol., 393 mg sodium, 56 g carb., 10 g fiber, 4 g sugars, 17 g pro.

QUINOA AND CHICKEN TABBOULEH BOWL

When quinoa was a newcomer to the grain aisle of the grocery store, packages instructed you to rinse the grain with cold water before cooking to remove any saponins on the grain. (They make the quinoa bitter.) Now, many manufacturers rinse before packaging. Read your label and rinse if needed.

QUINOA & CHICKEN TABBOULEH BOWLS

HANDS-ON TIME 20 minutes

TOTAL TIME 3 hours 5 minutes (includes 2 hours slow cook and chill time)

- 12 oz. skinless, boneless chicken breast halves
- 1½ cups water
- 1 cup quinoa (tip, left)
- 1 tsp. sea salt
- ¼ cup olive oil
- ¼ cup lemon juice
- ½ tsp. crushed red pepper
- 2 cups seeded, quartered, and sliced cucumbers
- 1½ cups chopped tomatoes or quartered grape tomatoes
- 1 cup chopped fresh Italian parsley
- ½ cup sliced green onions
- ¾ cup chopped fresh mint and/or basil
- ¼ cup sliced pitted Kalamata olives

1. In a 3½- or 4-qt. slow cooker combine chicken, the water, quinoa, and ½ tsp. of the salt. Cover and cook on low 2¼ hours or until quinoa is tender. Remove chicken from cooker. Transfer quinoa mixture to a large bowl.

2. Shred chicken using two forks. Stir chicken, the remaining ½ tsp. salt, the oil, lemon juice, and crushed red pepper into quinoa mixture. Add cucumber, tomatoes, parsley, and green onions; toss to combine. Cover and chill at least 30 minutes (up to 8 hours).

3. Before serving, stir in mint and/or basil. Divide mixture among serving bowls. Top with olives. **MAKES 6 SERVINGS.**

PER SERVING 293 cal., 14 g fat (2 g sat. fat), 41 mg chol., 549 mg sodium, 24 g carb., 4 g fiber, 2 g sugars, 18 g pro.





WILTED GREENS & LENTIL BOWLS WITH CHARRED RED ONION

START TO FINISH 35 minutes

- 1 cup lentils, rinsed and drained, or 3 cups purchased steamed lentils
- 1 Tbsp. balsamic vinegar
- $\frac{3}{4}$ tsp. kosher salt
- $\frac{3}{4}$ tsp. black pepper
- 1 small clove garlic, minced
- $\frac{1}{2}$ tsp. Dijon-style mustard
- 6 Tbsp. olive oil
- $1\frac{1}{4}$ cups thinly sliced red onion
- 4 cups baby kale or other hearty greens, coarsely chopped
- 3 cups halved, cored, and coarsely chopped radicchio
- 4 4- to 5-oz. chicken breast cutlets or two 8- to 10-oz. skinless, boneless chicken breast halves, cut in half horizontally
- 1 cup sliced pear
- 1 2-oz. wedge Parmesan cheese, shaved

1. If using, cook 1 cup lentils according to package directions. Meanwhile, for dressing, in a small bowl whisk together vinegar, $\frac{1}{4}$ tsp. of the salt, $\frac{1}{4}$ tsp. of the pepper, the garlic, and mustard. Slowly add 4 Tbsp. of the oil, whisking constantly.

2. In a 12-inch skillet heat 1 Tbsp. of the oil over medium-high heat. Add onion, $\frac{1}{4}$ tsp. of the salt, and $\frac{1}{4}$ tsp. of the pepper; cook 8 minutes or until onion is charred, stirring occasionally. Remove from skillet. Add $\frac{1}{2}$ Tbsp. of the oil to skillet; add kale and radicchio. Cook and stir over medium-high heat just until wilted. Remove from skillet.

3. Sprinkle both sides of chicken with the remaining $\frac{1}{4}$ tsp. salt and pepper. Add the remaining $\frac{1}{2}$ Tbsp. oil to skillet; add chicken. Cook over medium-high heat 4 to 6 minutes or until done (165°F), turning once. Remove chicken; cut into bite-size pieces.

4. Divide lentils, wilted greens, and pear slices among serving bowls; top with chicken and charred red onion. Drizzle with dressing and sprinkle with cheese.

MAKES 4 SERVINGS.

PER SERVING 606 cal., 28 g fat (6 g sat. fat), 93 mg chol., 561 mg sodium, 45 g carb., 8 g fiber, 8 g sugars, 45 g pro.

WILTED GREENS & LENTIL BOWLS

Choosing a kind of lentil comes down to time and function. For this recipe, brown or green lentils hold the best texture but take about 20 to 30 minutes to cook. Either start the lentils first so they cook as you prep the remaining ingredients, or cook them ahead and reheat, if you like, before putting together your bowl.

20-MINUTE VEGGIES

PHOTOS: JASON DONNELLY
FOOD STYLING: GREG LUNA

1

2

4

3

5

**6****no. 1 SPICED RAINBOW CHARD**

Wash 1 bunch **rainbow chard** well; drain in a colander. Tear leaves from stems, keeping stems and leaves separate. Bundle leaves and cut them into wide strips. Trim stems, remove the strings, and slice about ¼ inch thick (about 8 cups leaves and 1 cup stems). In a large skillet cook stems, 2 cloves chopped **garlic**, ½ tsp. **za'atar**, and **salt** and **black pepper** (to taste) in hot oil over medium heat 2 to 3 minutes or until the stems begin to soften. Increase heat to medium-high; add chard leaves. Cook and stir 2 to 3 minutes or until tender. Finish with a squeeze of fresh **lemon juice**. Top with toasted **pepitas**. **Makes 6 servings.**

7

no. 2 QUINOA PILAF In a 10-inch skillet cook 2 cups sliced **cremini mushrooms**, 1 cup sliced halved **zucchini**, and ½ cup chopped **onion** in 2 Tbsp. **olive oil** over medium-high heat about 5 minutes or until tender and lightly browned, stirring often. Stir in 2 cups **fresh baby kale** or **torn spinach**; 1 cup halved **grape tomatoes**; ½ tsp. **herbes de Provence**, crushed; ½ tsp. **salt**; and ¼ tsp. **black pepper**; cook until kale wilts. Stir in 2 cups hot cooked **quinoa**. **Makes 4 servings.**

no. 3 WALNUT-ONION

GREEN BEANS In a 10-inch skillet cook 3 cups fresh **green beans**, trimmed and cut into 1- to 2-inch pieces; 1½ cups chopped **sweet onion**; ⅓ cup broken **walnuts**; ½ tsp. **salt**; and ¼ tsp. **black pepper** in 1 Tbsp. each **olive oil** and **butter** over medium heat 15 minutes or until beans are crisp-tender, stirring occasionally. **Makes 6 servings.**

8**no. 4 HOISIN VEGETABLE**

FOIL PACK Fold a 36x18-inch piece of heavy foil in half to make an 18-inch square. Place 1½ cups thinly bias-sliced **carrots**; 1½ cups **snow pea pods**, trimmed and halved; and 4 **green onions**, bias-sliced into 1-inch pieces, in center of foil. Top with 2 Tbsp. **hoisin sauce**. Double-fold opposite edges of foil, leaving a little headspace; fold ends to seal. Grill packet on a covered grill directly over medium heat 10 minutes or until vegetables are crisp-tender, turning twice. Carefully open. If desired, sprinkle with **toasted sesame seeds** and **crushed red pepper**. **Makes 4 servings.**

no. 5 SKILLET SUCCOTASH

In a 10-inch skillet cook 2 to 3 strips **bacon**, chopped, with ½ cup chopped **onion** and 1 clove **garlic**, minced, over medium heat until bacon is crisp, stirring occasionally. Add 2 cups fresh or frozen **corn kernels** and 1 cup fresh or frozen **edamame** or **lima beans**; cook and stir about 5 minutes or until tender. Add 1 cup halved **cherry tomatoes**, 1 Tbsp. snipped fresh **dill weed** or **Italian parsley**, and **salt** and **black pepper** to taste. Toss to combine; heat through. **Makes 6 servings.**

no. 6 PAN-ROASTED PEPPERS

Cut 3 **sweet peppers** lengthwise into 1-inch-wide strips, 1 medium **sweet onion** into thin wedges, and 2 cloves **garlic** into thin slices. In a 12-inch skillet cook vegetables in 1 Tbsp. **olive oil** over medium-high heat about 5 minutes or until just tender. Add 1 Tbsp. each snipped **fresh herbs** (such as basil, thyme, and/or oregano) and **balsamic vinegar**. Add **salt** and **black pepper** to taste; toss to coat. **Makes 6 servings.**

no. 7 GLAZED BRUSSELS

SPROUTS In a 12-inch skillet cook 1½ lb. halved **Brussels Sprouts** in 1 Tbsp each **olive oil** and **butter** until browned and tender, about 10 minutes. Splash with 2 Tbsp. **cider vinegar**; stir in ¼ cup **orange marmalade** to glaze. Season to taste with **salt** and **black pepper**. If desired, serve with additional vinegar. **Makes 6 servings.**

no. 8 OVEN-ROASTED

TOMATOES Place 6 **plum tomatoes** (cut in half crosswise) on a baking sheet. Stir together ¼ cup **Parmesan cheese**, ¼ cup **panko**, and enough melted **butter** or **olive oil** (1 to 2 Tbsp.) to hold it together. Add **fresh oregano**, **salt**, and **black pepper**. Sprinkle over tomato halves. Bake in a 450°F oven until tomatoes are tender, about 8 to 10 minutes. If desired, top with additional fresh oregano. **Makes 6 servings.**



**SO MANY
CHOICES**

Radish varieties vary in color, shape, and size. A few of our favorites include Watermelon, Easter Egg, and White Icicle.

NEW WAYS WITH

radishes

For most of us, radishes are the peppery bites with a pleasing crunch in salads and crudité platters. But these humble roots are also delicious cooked.

GRILLED GINGER PORK & RADISH SKEWERS

HANDS-ON TIME 20 minutes
TOTAL TIME 4 hours 30 minutes

- ¼ cup lemon juice
- 3 Tbsp. honey
- 2 Tbsp. vegetable oil
- 1 Tbsp. grated fresh ginger
- 1 clove garlic, halved
- ½ tsp. salt
- 1 lb. pork tenderloin, cut into 1-inch pieces
- 1 bunch assorted small radishes (about 12 oz.)
- Hummus
- Sliced green onions
- Minced fresh ginger

1. For marinade: In a resealable plastic bag combine lemon juice, honey, oil, grated fresh ginger, garlic, and salt. Add pork tenderloin and radishes; seal bag. Marinate in the refrigerator 4 to 6 hours.
2. Remove pork and radishes; discard marinade. Thread pork and radishes onto metal skewers.* Grill on rack of a covered grill directly over medium heat 8 to 10 minutes or until meat is still slightly pink in center (165°F), turning once.
3. Serve with hummus topped with green onions and minced ginger. **Makes 4 servings.**

*TIP Soak wooden skewers in water 30 minutes before grilling.

PER SERVING 297 cal., 12 g fat (2 g sat. fat), 70 mg chol., 445 mg sodium, 24 g carb., 3 g fiber, 15 g sugars, 25 g pro.

RADISH COUSCOUS WITH PISTACHIOS & MINT

TOTAL TIME 30 minutes

- 1 cup uncooked Israeli couscous
- 1 small shallot, finely chopped
- ¼ cup olive oil
- 1 tsp. lime zest
- ¼ cup lime juice
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 1 bunch assorted radishes (about 12 oz.), chopped (2½ cups)
- 1 cup chopped English cucumber
- ½ cup roasted, salted pistachios, coarsely chopped
- ½ cup chopped fresh mint



1. Cook couscous according to package directions. Set aside to cool.

2. In a large bowl whisk together shallot, olive oil, lime zest, lime juice, salt, and pepper. Stir in couscous, radishes, cucumber, pistachios, and mint. **Makes 6 servings.**

PER SERVING 265 cal., 14 g fat (2 g sat. fat), 0 mg chol., 168 mg sodium, 29 g carb., 3 g fiber, 3 g sugars, 7 g pro.

FETA-RADISH QUICHE

HANDS-ON TIME 25 minutes
TOTAL TIME 1 hour 15 minutes

- ½ of a 14.1-oz. pkg. refrigerated piecrust (1 crust)
- ½ bunch (6 oz.) assorted radishes, trimmed
- 5 eggs
- 1¼ cups milk
- 2 oz. crumbled feta cheese
- 1 Tbsp. chopped fresh dill weed
- ¼ tsp. salt
- ⅓ tsp. freshly ground black pepper

1. Preheat oven to 450°F. Line a 9-inch pie plate with refrigerated piecrust. Fold edge under and crimp. Line unpricked pastry with a double thickness of foil. Bake 8 minutes. Remove foil. Bake 4 to 5 minutes more or until pastry is set and dry. Remove from oven. Reduce heat to 350°F.

2. Using a mandoline or chef's knife, slice radishes about ⅛ inch thick. Arrange in a circular pattern on bottom of baked crust. In a large bowl whisk together eggs, milk, feta, dill weed, salt, and pepper. Pour over radishes. Bake 40 to 45 minutes or until a knife inserted near center comes out clean. Let stand 10 minutes. **Makes 6 servings.**

PER SERVING 248 cal., 15 g fat (7 g sat. fat), 171 mg chol., 451 mg sodium, 20 g carb., 0 g fiber, 4 g sugars, 9 g pro.

TAKE YOUR PICK
Look for slender, bright
green beans that are
crisp and blemish-free.

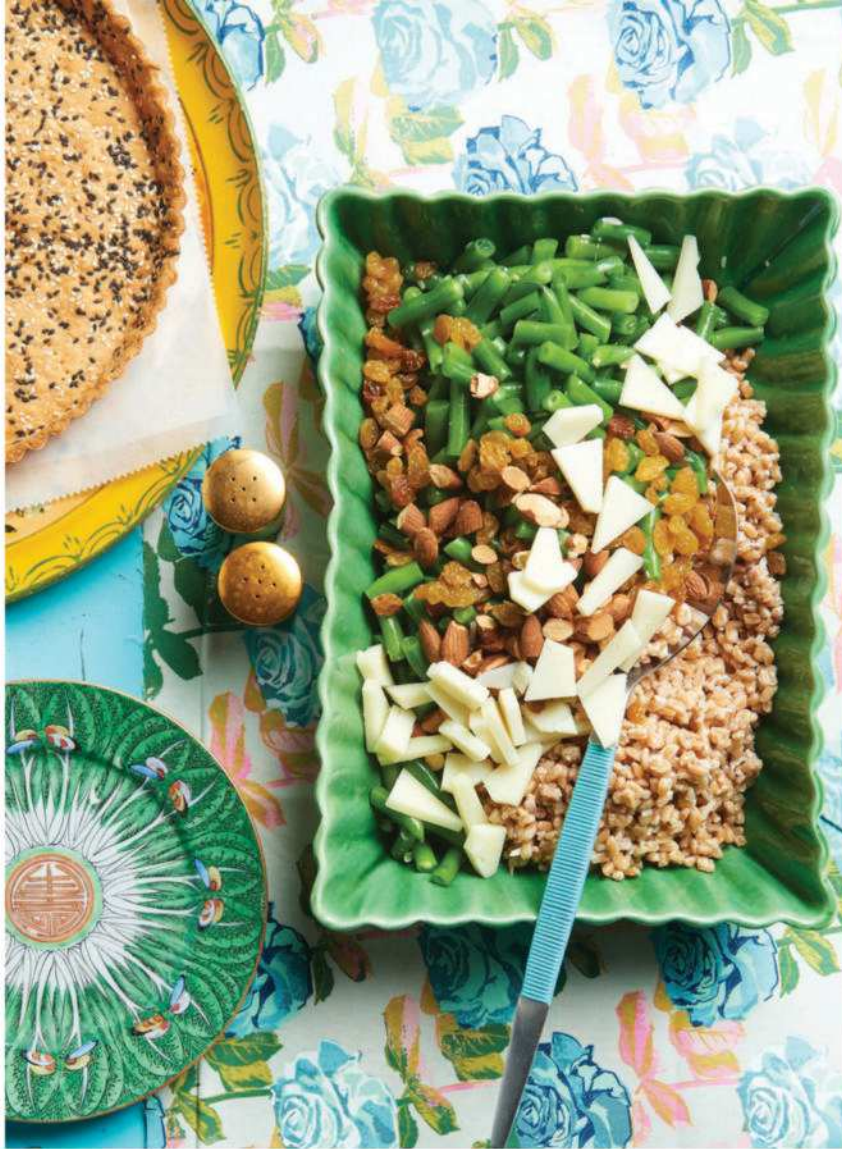


**FREEZE THE
BOUNTY**

Preserve surplus beans
at their freshest. To
blanch whole or cut
beans, boil 3 minutes,
then submerge in
ice water.

NEW WAYS WITH *green beans*

Familiar and easy, but rarely revolutionary—steamed beans, we're looking at you. Try a fresh new taste with these big, bold-flavor dishes.



SESAME GREEN BEAN TART

HANDS-ON TIME 30 minutes
TOTAL TIME 1 hour

- ½ of a 14.1-oz. pkg. rolled refrigerated piecrust (1 crust)
- 1 Tbsp. sesame seeds
- 6 slices bacon
- 1 lb. green beans, trimmed and cut into 3- to 4-inch pieces
- ½ tsp. salt
- 1 bunch green onions, sliced (½ cup)
- 2 Tbsp. gochujang (hot pepper paste)
- 5 eggs, lightly beaten
- 1 tsp. toasted sesame oil

1. Preheat oven to 425°F. Let piecrust stand according to package directions. Unroll crust; sprinkle with sesame seeds. Gently roll over crust with rolling pin to press seeds into crust. Transfer crust to a 10-inch tart pan with removable bottom; trim even with edge. Line crust with a double thickness foil; bake 8 minutes. Remove foil; bake 6 minutes more. Remove; set aside. Reduce heat to 375°F.

2. In an extra-large skillet cook bacon until crisp. Remove and reserve 1 Tbsp. drippings in skillet. Add green beans and salt to skillet. Cook over medium-high heat 5 minutes, stirring occasionally, until beans are browned and crisp-tender. Stir in green onions. Transfer bean mixture to prepared crust. In a medium bowl combine gochujang and 2 Tbsp. water; whisk to combine. Add eggs and sesame oil; whisk until combined. Pour egg mixture over beans in crust. Bake 20 minutes or until eggs are set. Crumble bacon and sprinkle over tart. Top with additional sesame seeds. **Makes 6 servings.**

PER SERVING 302 cal., 19 g fat (7 g sat. fat), 168 mg chol., 685 mg sodium, 25 g carb., 2 g fiber, 4 g sugars, 10 g pro.

FARRO-GREEN BEAN SALAD

TOTAL TIME 25 minutes

- 1¼ lb. green beans, trimmed and cut into 1-inch pieces
- 6 to 8 oz. Manchego cheese,* divided

- ⅓ cup red wine vinegar
- 1 shallot, peeled and cut up
- ½ tsp. salt
- ¼ tsp. black pepper
- ⅓ cup extra virgin olive oil
- ¾ cup almonds, toasted and chopped
- ¾ cup golden raisins
- 2 cups cooked farro

1. In a large pot cook green beans in lightly salted boiling water 4 minutes or until crisp-tender. Using a slotted spoon, transfer beans to a bowl half-filled with ice water to stop cooking; drain and set aside. Meanwhile, finely shred 1 cup of the cheese; cut remaining cheese into bite-size pieces.

2. In a blender combine vinegar, shallot, salt, and pepper. Add shredded cheese and olive oil; cover and blend until well-combined and creamy. In a large bowl combine cooked beans, dressing, cheese pieces, almonds, raisins, and farro. Toss to combine. **Makes 6 servings.**

6 servings.

***TIP** If desired, substitute Asiago or Parmesan cheese for the Manchego.
PER SERVING 522 cal., 33 g fat (10 g sat. fat), 28 mg chol., 447 mg sodium, 44 g carb., 8 g fiber, 16 g sugars, 16 g pro.

ITALIAN SAUSAGE & TWO-BEAN SKILLET

TOTAL TIME 25 minutes

- 1 Tbsp. extra virgin olive oil
- 4 uncooked Italian sausage links (about 1 lb.)
- 2 shallots, peeled and sliced (½ cup)
- 1 Tbsp. minced garlic (6 cloves)
- 2 cups reduced-sodium chicken broth
- 12 oz. green beans, trimmed
- 1 15- to 16-oz. can cannellini beans, rinsed and drained
- 8 oz. cherry tomatoes, halved
- ⅓ cup chopped fresh Italian parsley

1. In an extra-large skillet heat oil over medium heat. Add sausage; cook 10 minutes, turning occasionally. Add shallots and garlic to skillet; cook 30 seconds. Add chicken broth. Bring to boiling; reduce heat. Simmer, covered, 5 minutes. Add green beans and cannellini beans; return to simmer. Cover and cook 5 minutes more or until green beans are crisp-tender and sausage is done (160°F). Add tomatoes and parsley to skillet; stir to coat. **Makes 4 servings.**

PER SERVING 573 cal., 40 g fat (13 g sat. fat), 86 mg chol., 1,345 mg sodium, 28 g carb., 8 g fiber, 6 g sugars, 26 g pro.



NEW WAYS WITH

carrots

They may be a crisper-drawer staple year-round, but late spring and early summer are the best times to find local and organic carrots at their prime at farmers markets.

FINDING A GOOD CARROT

Overlarge carrots tend to be less sweet than their slender counterparts, so look for young, thin-skin roots that are 1-inch diameter or less.



ROASTED CARROTS WITH CARROT-TOP PESTO

HANDS-ON TIME 20 minutes
TOTAL TIME 45 minutes

- 3 bunches rainbow carrots with tops (about 2 lb. total with tops)**
- 2 cups loosely packed basil leaves**
- 1/3 cup grated Parmesan cheese**
- 1/4 cup toasted pine nuts**
- 4 cloves garlic, halved**
- 1/4 tsp. kosher salt**
- 1/3 cup + 2 Tbsp. olive oil**

1. Preheat oven to 425°F. Trim tops from carrots; rinse and dry. Strip the leaves from the stems and measure 2 cups loosely packed leaves; discard stems. Place carrot leaves in a food processor with basil, cheese, pine nuts, garlic, and salt. With food processor running, drizzle in the 1/3 cup oil in a stream until pureed and smooth, scraping sides as needed.

2. Peel carrots. In a 15x10-inch baking pan toss carrots with the 2 Tbsp. olive oil and 1/2 tsp. each *salt* and *pepper*. Roast 25 minutes or until tender. Top roasted carrots with pesto. Store any remaining pesto in an airtight container in the refrigerator up to 1 week. **Makes 4 servings.**

PER SERVING 385 cal., 33 g fat (5 g sat. fat), 6 mg chol., 651 mg sodium, 20 g carb., 6 g fiber, 8 g sugars, 6 g pro.

INDIVIDUAL MASHED CARROT & POTATO BAKES

HANDS-ON TIME 20 minutes
TOTAL TIME 1 hour 25 minutes

- 1 lb. carrots, peeled and cut into 2-inch chunks**
- 1 lb. potatoes, peeled and cut into 2-inch chunks**
- 1/2 cup heavy cream**
- 1 cup shredded white cheddar cheese (4 oz.)**

- 1 egg, lightly beaten**
- 1/2 tsp. kosher salt**
- Toasted rye or pumpernickel bread**

1. In a 4-qt. pot cook carrots and potatoes in lightly salted boiling water 25 to 30 minutes or until very tender. Drain. Let stand 10 minutes to cool slightly. Preheat oven to 425°F.

2. Transfer carrots and potatoes to a large bowl; coarsely mash. Stir in heavy cream, cheese, egg, and salt.

3. Divide mixture among four 8- to 10-oz. ramekins. Bake 25 minutes or until lightly browned. Serve with toasted rye bread.

Makes 4 servings.

PER SERVING 437 cal., 23 g fat (14 g sat. fat), 110 mg chol., 735 mg sodium, 45 g carb., 8 g fiber, 9 g sugars, 15 g pro.

ROSEMARY & CARROT RIBBON PAPPARDELLE

TOTAL TIME 30 minutes

- 1 lb. carrots, peeled**
- 8 oz. dried pappardelle pasta**
- 2/3 cup chopped toasted hazelnuts**
- 2 Tbsp. butter**
- 2 Tbsp. chopped fresh rosemary**
- 1/2 tsp. kosher salt**
- 4 oz. goat cheese, cut up**

1. Using a vegetable peeler, cut carrots into flat ribbons. Transfer to a large colander.

2. Meanwhile, cook pasta in lightly salted boiling water according to package directions. Drain in same colander as carrots, reserving 1 cup cooking liquid.

3. In a large skillet heat 1/2 cup hazelnuts, butter, rosemary, and salt over medium heat until bubbling. Add 1/2 cup reserved cooking liquid and goat cheese, whisking until combined. Add pasta and carrot mixture, tossing gently to coat. Add additional cooking liquid to thin sauce as desired. Sprinkle with remaining chopped toasted hazelnuts. **Makes 4 servings.**

PER SERVING 508 cal., 26 g fat (11 g sat. fat), 45 mg chol., 453 mg sodium, 52 g carb., 5 g fiber, 6 g sugars, 19 g pro.

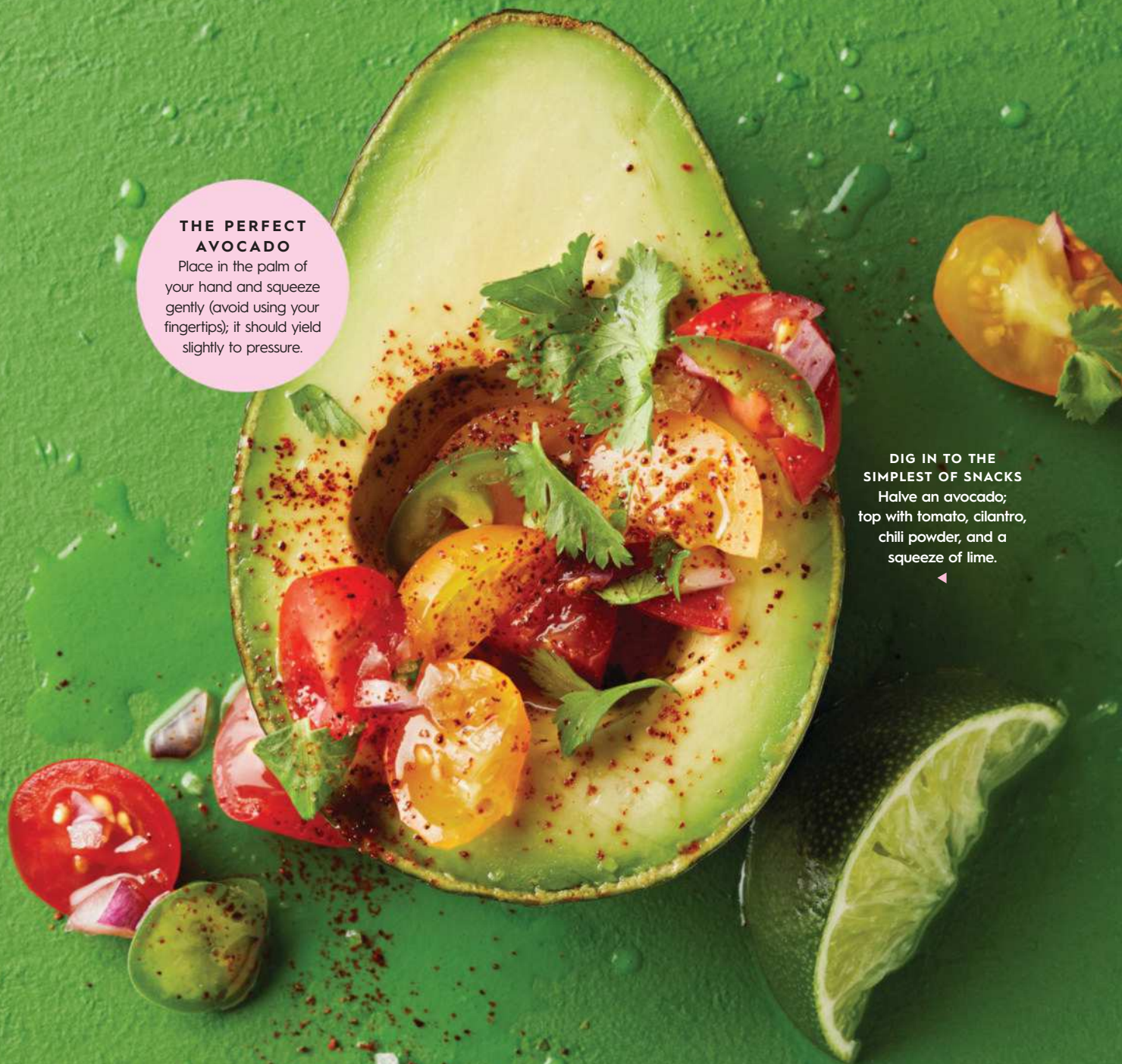
NEW WAYS WITH *avocados*

We were on Team Avocado long before its affair with toast made it the darling of Instagram. Just channel your inner Goldilocks when checking avocados for ripeness: Make sure yours is just right.

THE PERFECT AVOCADO

Place in the palm of your hand and squeeze gently (avoid using your fingertips); it should yield slightly to pressure.

DIG IN TO THE SIMPLEST OF SNACKS
Halve an avocado; top with tomato, cilantro, chili powder, and a squeeze of lime.





AVOCADO-STUFFED MUSHROOMS

HANDS-ON TIME 20 minutes
TOTAL TIME 30 minutes

- 1 lb. button and/or cremini mushrooms with 2-inch caps (about 12 mushrooms)
- 5 Tbsp. olive oil
- 3 Tbsp. champagne vinegar
- 2 Tbsp. chopped red onion
- 1 tsp. kosher salt
- 1/3 cup chopped toasted hazelnuts or almonds
- 1 Tbsp. chopped fresh rosemary
- 1 avocado, pitted, peeled, and chopped

1. Preheat oven to 400°F. Remove stems from mushrooms. Place stems and caps in a shallow baking pan. Drizzle with 3 Tbsp. of the olive oil; toss to coat. Bake 10 to 12 minutes or until just tender; cool. Lightly dry excess moisture from mushrooms with a paper towel.

2. In a medium bowl combine vinegar, red onion, and salt. Finely chop stems; add to vinegar mixture along with nuts, rosemary, avocado, and remaining 2 Tbsp. olive oil. Fill caps with avocado mixture.* **Makes 12 mushrooms.**

***TIP:** If desired, serve any leftover filling on crackers.

PER SERVING 99 cal., 9 g fat (1 g sat. fat), 0 mg chol., 163 mg sodium, 3 g carb., 1 g fiber, 1 g sugars, 2 g pro.

CHILLED AVOCADO SOUP WITH GINGER & BASIL

HANDS-ON TIME 30 minutes
TOTAL TIME 3 hours 30 minutes (includes 2 hours chill)

- 4 cups refrigerated unsweetened coconut milk
- 1/3 cup fresh ginger, thinly sliced
- 1 cup chopped fresh basil
- 4 avocados, pitted, peeled, and mashed

- 1/2 cup fresh lime juice
- 1 1/2 tsp. kosher salt
- Chili oil or olive oil

1. In a large saucepan bring coconut milk and ginger to a simmer. Remove from heat; add basil. Cover; let stand 1 hour. Strain milk, discarding solids. Chill at least 2 hours or overnight.

2. In a blender combine avocados and 1 cup of the strained coconut milk. Cover; blend until smooth. Transfer to a large bowl. Whisk in remaining strained coconut milk, lime juice, and salt. Top with chili oil and additional basil and chopped avocado. **Makes 8 servings.**

PER SERVING 150 cal., 13 g fat (4 g sat. fat), 0 mg chol., 387 mg sodium, 8 g carb., 5 g fiber, 1 g sugars, 2 g pro.

CRISPY AVOCADO WEDGES

HANDS-ON TIME 35 minutes
TOTAL TIME 50 minutes

- 2/3 cup all-purpose flour
- 1 tsp. salt
- 3 eggs
- 3 Tbsp. water
- 1 1/3 cups panko bread crumbs
- 3 avocados, pitted, peeled, and cut into 8 wedges each
- 1/2 cup mayonnaise
- 1/4 cup crumbled blue cheese
- 2 Tbsp. buttermilk
- 1 tsp. cider vinegar
- Hot pepper sauce
- Carrot and celery sticks

1. Preheat oven to 450°F. In a shallow dish combine flour and salt. In another shallow dish beat together eggs and water. Place panko in another shallow dish. Coat each avocado wedge in flour mixture, then egg mixture, then panko. Place on a baking sheet lined with foil and lightly coated with *nonstick cooking spray*. Lightly coat tops of wedges with cooking spray. Bake 15 minutes or until golden.

2. For blue cheese dressing: In a small bowl whisk together mayonnaise, blue cheese, buttermilk, and vinegar. Serve wedges with dressing, hot pepper sauce, and carrot and celery sticks.

Makes 6 servings.

PER SERVING 334 cal., 27 g fat (5 g sat. fat), 43 mg chol., 942 mg sodium, 19 g carb., 6 g fiber, 3 g sugars, 6 g pro.



art OF THE tart

ONE VERSATILE, NO-FAIL CRUST SERVES AS A SAVORY CANVAS FOR CAPTURING THE FLAVORS OF EVERY SEASON.



SPRING CARROT TART

On the sweeter side of savory, this tart pairs rich mascarpone or cream cheese with tender carrots that are roasted first to intensify their natural sugars. A drizzle of honey further plays up the sweetness, and fresh thyme—baked into the crust and scattered on top—adds balance. (recipe, page 35)

SUMMER CHERRY TOMATO + OLIVE TART

Biting into a buttery pine nut-topped crust filled with ripe tomatoes, goat cheese, and fresh oregano makes us feel like we're sitting under the olive trees in wine country. The easy assembly puts us in an even more relaxed frame of mind. (recipe, page 35)



VARY THE CRUST
 Transforming the pastry dough with herbs, spices, nuts, or cheese enhances the flavor and texture of each of these tarts.



SPRING TART CRUST



SUMMER TART CRUST



AUTUMN TART CRUST



WINTER TART CRUST



Q&A on pastry

Working with pastry dough may seem intimidating, but our Test Kitchen perfected this recipe so it's easy to work with. Here are a few answers to common questions about pastry dough.

WHEN IS MY DOUGH READY?

Your dough will come together sooner than you think, but it will still look crumbly. Using the food processor on pulse ensures you don't overprocess. Be sure to use cold butter and ice water; this results in a fine crumblike texture. Test dough by squeezing a portion between your forefinger and thumb. The dough will hold together.

CAN I USE STORE-BOUGHT DOUGH?

In a pinch, it's OK to sub store-bought pastry. Roll it out to fit your pan, then bake according to package directions.

NO-FAIL TART CRUST

Because this crust is fast, forgiving, and versatile for sweet or savory fillings, use it as the base crust in all four tart recipes. We loved it as a rectangle, but it also makes one 11-inch round tart or four 4-inch individual tarts.

HANDS-ON TIME 10 minutes

TOTAL TIME 30 minutes

- 1¾ cups all-purpose flour
- ½ cup butter (1 stick), cubed
- ½ tsp. salt
- 2 egg yolks
- 3 Tbsp. ice water

1. Preheat oven to 450°F. (For nonstick pans preheat oven according to manufacturer's instructions.) In a food processor pulse flour, butter, and salt 10 to 20 seconds or until mixture looks like fine crumbs. Do not overprocess.
2. In a small bowl whisk together yolks and the water. With processor running, add yolk mixture. Stop as soon as dough just starts to come together, about 5 seconds.
3. Crumble to distribute evenly in an 11×8-inch rectangular tart pan or 11-inch round pan with removable bottom; press into pan. (Or gather dough into a ball; flatten. Roll out dough between two pieces of parchment paper into a 12×9-inch rectangle. Transfer dough to pan. Press into corners; trim excess.)
4. Using a fork, prick dough all over. Line pastry with a double thickness of foil. Bake 12 minutes. Reduce temperature to 350°F. Remove foil. Bake 8 minutes more or until pastry is golden. Let cool completely. Use baked crust to prepare seasonal tarts.

AUTUMN SWEET POTATO & BUTTERNUT TART

HANDS-ON TIME 45 minutes

TOTAL TIME 1 hour 30 minutes

- 1 recipe No-Fail Tart Crust (recipe, left)
- 1½ cups white cheddar cheese, shredded (6 oz.)
- 1 lb. sweet potatoes, peeled, halved lengthwise, and sliced ½ inch thick
- 2 Tbsp. olive oil
- 1 lb. small butternut squash, peeled, seeded, and cut into ¾-inch cubes
- 2 oz. pancetta or bacon, chopped
- 2 Tbsp. butter, melted
- 1 tsp. hot chili powder
- ½ tsp. packed brown sugar
- Fresh sage leaves

1. Prepare No-Fail Tart Crust as directed, except in Step 1 process 1 cup cheese with flour and salt for two or three pulses, then add butter.
2. Keep oven at 350°F. On a foil-lined baking pan toss potatoes with half the olive oil, ¼ tsp. salt, and ½ tsp. black pepper. Repeat with squash on a second foil-lined pan. Roast 20 minutes or until tender, rotating pans halfway through. Cool 5 minutes. Sprinkle remaining cheese over bottom of baked crust. Arrange potatoes and squash in rows over cheese. Bake 10 minutes; cool 20 minutes.
3. Meanwhile, in a large skillet cook pancetta over medium-high heat until browned and crisp; set aside. In a small bowl stir together butter, chili powder, and brown sugar. Just before serving, brush butter mixture over tart. Sprinkle with pancetta and sage. Serve warm. **Makes 6 servings.**

PER SERVING 608 cal., 39 g fat (21 g sat. fat), 149 mg chol., 901 mg sodium, 53 g carb., 5 g fiber, 5 g sugars, 15 g pro.



EASE THE PREP
Look for peeled
and diced
butternut squash
in your grocery
store's refrigerated
produce section.

AUTUMN SWEET POTATO + BUTTERNUT TART

Framed in a white cheddar crust, naturally sweet vegetables play off salty bits of fried pancetta and chili-spiked butter. Arrange sweet potatoes and cubes of squash in an artful pattern for texture and visual appeal. (recipe, *opposite*)



WINTER GREENS + BROCCOLINI TART

Cure your cabin fever with earthy greens and thin slices of lemon bolstered by a bed of ready-made hummus. Add Middle Eastern flavor by pressing a blend of toasted cumin, coriander, and sesame seeds into the dough before baking. (recipe, opposite)

WINTER GREENS & BROCCOLINI TART

HANDS-ON TIME 30 minutes
TOTAL TIME 1 hour

- 1 recipe No-Fail Tart Crust (recipe, p. 32)
- 3 to 4 Tbsp. Sesame Spice Mixture (recipe, below)
- $\frac{3}{4}$ cup purchased hummus
- $\frac{1}{4}$ cup olive oil
- 1 lemon, sliced and seeded
- 8 oz. Broccolini or broccoli florets, trimmed and stems split lengthwise
- 3 oz. Lacinato (Tuscan) kale leaves, stems removed (about half a bunch)

1. Prepare No-Fail Tart Crust as directed, except at the end of Step 3 sprinkle dough with 2 Tbsp. of the Sesame Spice Mixture; press into crust.

2. Increase oven temperature to 450°F. Spread hummus over baked crust. Drizzle 1 Tbsp. of the olive oil over hummus. In a 12-inch skillet heat 1 Tbsp. of the olive oil over medium-high heat. Add lemon slices. Cook 2 minutes on each side or until browned. Remove; set aside. Add Broccolini and $\frac{1}{2}$ cup water to skillet. Cook 5 to 7 minutes or until Broccolini is almost tender, stirring occasionally. Place kale leaves over Broccolini the last 2 minutes of cooking to slightly steam. Remove Broccolini and kale from skillet; toss with 1 Tbsp. of the olive oil. Sprinkle with $\frac{1}{2}$ tsp. salt. Arrange Broccolini, kale, and lemon slices on tart. Bake 5 minutes. Drizzle with remaining 1 Tbsp. olive oil; sprinkle with 1 to 2 Tbsp. of the Sesame Spice Mixture. **Makes 6 servings.**

PER SERVING 464 cal., 31 g fat (12 g sat. fat), 102 mg chol., 520 mg sodium, 41 g carb., 5 g fiber, 2 g sugars, 9 g pro.

SESAME SPICE MIXTURE Heat a small skillet over medium heat. Add 2 Tbsp. sesame seeds, 1 Tbsp. each coriander seeds and cumin seeds. Cook and stir until lightly toasted, 2 to 3 minutes. Using a spice grinder or mortar and pestle, grind or crush toasted seeds. Add $\frac{1}{4}$ cup roasted, salted sunflower kernels to grinder or mortar; pulse/grind once. Stir in $\frac{1}{2}$ tsp. crushed red pepper. Store in a cool, dark place up to 1 month.

SPRING CARROT TART

Pictured on page 30.

HANDS-ON TIME 15 minutes
TOTAL TIME 35 minutes

- 1 recipe No-Fail Tart Crust (recipe, p. 32)
- 2 Tbsp. chopped fresh thyme leaves
- 1 lb. assorted colors baby carrots, trimmed, peeled, and halved lengthwise
- 1 Tbsp. olive oil
- $\frac{2}{3}$ cup mascarpone or cream cheese
- Fresh thyme leaves
- Honey

1. Prepare No-Fail Tart Crust as directed, except at the end of Step 3 sprinkle dough with 2 Tbsp. chopped thyme leaves; press into crust.

2. Increase oven temperature to 450°F. In a shallow baking pan toss carrots with olive oil and $\frac{1}{2}$ tsp. salt. Roast 15 minutes or until crisp-tender and caramelized, stirring once; set aside. Stir mascarpone to soften; spread over crust. Top with roasted carrots. Bake 5 minutes or until heated through. Cool slightly. Sprinkle with thyme leaves; drizzle with honey.

Makes 6 servings.

PER SERVING 456 cal., 30 g fat (17 g sat. fat), 138 mg chol., 474 mg sodium, 38 g carb., 3 g fiber, 7 g sugars, 6 g pro.

SUMMER CHERRY TOMATO & OLIVE TART

Pictured on page 31.

HANDS-ON TIME 30 minutes
TOTAL TIME 55 minutes

- 1 recipe No-Fail Tart Crust (recipe, p. 32)
- $\frac{1}{4}$ cup pine nuts
- $1\frac{1}{2}$ lb. assorted cherry tomatoes, halved if large
- 1 Tbsp. olive oil
- 2 Tbsp. chopped fresh oregano
- 2 oz. goat cheese, crumbled
- $\frac{1}{2}$ cup pitted green olives (such as Castelvetrano)
- Fresh oregano leaves

1. Prepare No-Fail Tart Crust as directed, except at the end of Step 3 sprinkle dough with pine nuts; press into crust.

2. Increase oven temperature to 400°F. In a large bowl toss tomatoes with olive oil, 2 Tbsp. chopped oregano, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. freshly ground black pepper. Transfer to baked crust. Bake 15 minutes. Top with goat cheese and olives. Bake 10 minutes. Sprinkle with oregano leaves.

Makes 6 servings.

PER SERVING 419 cal., 28 g fat (13 g sat. fat), 110 mg chol., 648 mg sodium, 34 g carb., 3 g fiber, 3 g sugars, 9 g pro.



ON THE COVER

If you have an abundance of seasonal produce on hand, create your own tart recipe. Use one or two—or seven!—vegetables.

Here's how:

COVER RECIPE

Prepare the No-Fail Crust as directed (recipe, page 32) except bake 15 minutes after reducing oven temp to 350°F. Spread one 6.5-oz. container herb and garlic cream cheese over baked crust. Top with your choice of roasted vegetables (see timings, below). Sprinkle with finely shredded Parmesan cheese and bake 10 minutes more. Top with snipped fresh parsley, lemon zest, and a drizzle of olive oil.

ROASTING TIMINGS AT 425°F

Asparagus spears—8 min.
Broccoli florets—15 min.
Brussels sprouts, halves—30 min.
Cherry tomatoes—25 min.
Onion wedges—35 min.
Sweet potato slices—15 min.
Zucchini planks—30 min.

A top-down view of several cucumbers and sliced cucumber halves arranged on a dark, textured surface. The cucumbers are vibrant green with characteristic bumps. The sliced halves show the internal structure, including the seeds and the lighter green flesh. The text 'cucumber cool' is overlaid in the center in a white box with a green-to-teal gradient font.

cucumber cool



**INDONESIAN-
STYLE BEEF & RICE
BOWLS**

Indonesian cuisine varies greatly across the country depending on Middle Eastern, Indian, Polynesian, or Chinese influences. The flavors are complex and often lean toward hot and spicy—like this bowl does.
(recipe, page 39)

WHEN SUMMER IS IN HIGH GEAR AND YOU'VE GOT A BOUNTY OF CUCUMBERS, THESE RECIPES MAKE THE MOST OF THIS CRISPY, CRUNCHY, REFRESHING CROP.

CHICKEN, TOMATO & CUCUMBER SALAD

This summer meal is customizable. Swap in any white fish for the chicken, zucchini for the cucumbers, and shaved Parmesan cheese for the feta.

CHICKEN, TOMATO & CUCUMBER SALAD

START TO FINISH 20 minutes

- 1 medium cucumber
- 1 to 1¼ lb. chicken breast tenderloins
Salt and black pepper
- 5 Tbsp. olive oil
- ¼ cup cider vinegar or white wine vinegar
- 1 Tbsp. chopped fresh thyme
- 1 tsp. sugar
- 1 cup red, yellow, or heirloom mixed cherry or grape tomatoes, sliced
- 1 cup crumbled feta cheese (4 oz.) (optional)
- ½ cup pitted green olives, sliced

1. Cut cucumber into thin slices.
 2. Season chicken with salt and pepper. In a 10-inch skillet heat 1 Tbsp. of the oil over medium heat. Add chicken; cook 8 to 10 minutes or until done (165°F), turning once.
 3. For vinaigrette, in a screw-top jar combine vinegar, thyme, sugar, the remaining 4 Tbsp. oil, ¼ tsp. salt, and ¼ tsp. pepper. Cover and shake well.
 4. Arrange chicken, cucumber, tomatoes, cheese, and olives on a platter. Drizzle with vinaigrette. **MAKES 4 SERVINGS.**
- PER SERVING** 336 cal., 23 g fat (3 g sat. fat), 73 mg chol., 569 mg sodium, 7 g carb., 2 g fiber, 4 g sugars, 25 g pro.

LAMB & CUCUMBER SALAD PITAS

If lamb is not your favorite, this recipe is just as delicious made with ground beef.

START TO FINISH 30 minutes

- ¼ cup lemon juice
- 3 Tbsp. olive oil
- 1 fresh jalapeño chile pepper, seeded and thinly sliced (tip, p. 39)
- 1½ tsp. dried oregano, crushed
- 1 large cucumber, peeled, seeded, and coarsely chopped
- 1 cup thinly sliced red onion
- ½ cup pitted Kalamata olives, halved
- ½ cup packed fresh mint leaves
- ½ cup plain yogurt
- 1 clove garlic, minced
Kosher salt and black pepper

LAMB & CUCUMBER SALAD PITAS

Cucumber and mint have been life-long friends. Together they add that suck-in-your-breath cool and refreshing crunch.

- 1 lb. ground lamb or ground beef
- 4 soft flatbreads, warmed

1. For cucumber salad, in a medium bowl combine lemon juice, 2 Tbsp. of the oil, the jalapeño pepper, and oregano. Add cucumber, onion, olives, and half the mint; toss to coat.

2. In a small bowl combine yogurt and half the garlic. Chop the remaining mint and stir into yogurt mixture. Season to taste with salt and black pepper.

3. In a large bowl combine ground lamb, the remaining garlic, ½ tsp. salt, and ¼ tsp. black pepper. In a 12-inch skillet heat the remaining 1 Tbsp. oil over medium-high heat. Spoon slightly rounded ½-cup measures of meat in four mounds into skillet. Cook 2 minutes. Press mounds into thin patties with the back of a wide spatula. Cook 4 to 5 minutes or until done (160°F), turning once.

4. Serve lamb patties on flatbreads with cucumber salad and yogurt mixture.

MAKES 4 SERVINGS.

PER SERVING 658 cal, 38 g fat, (11 g sat. fat), 79 mg chol, 968 mg sodium, 48 g carb., 6 g fiber, 7 g sugars, 30 g pro.

INDONESIAN-STYLE BEEF & RICE BOWLS

Pictured on page 37.

HANDS-ON TIME 15 minutes

TOTAL TIME 40 minutes

- 3 Tbsp. red curry paste
- 1 13.5- to 14-oz. can unsweetened coconut milk
- 2 to 3 inches stick cinnamon
- ¼ tsp. grated whole nutmeg
- ⅙ tsp. ground cloves
- 1 lb. 93% lean ground beef
- 2 cups hot cooked rice
- 3 cups shredded green cabbage
- 1 medium cucumber, sliced
- 2 Tbsp. thinly sliced shallot
- 1 fresh serrano chile pepper, thinly sliced* (optional)
- Fresh cilantro sprigs
- 2 limes, halved

1. In a 10-inch skillet cook and stir curry paste over medium-high heat until fragrant. Stir in coconut milk, cinnamon, nutmeg, and cloves. Stir in ground beef.



2. Bring to boiling. Cook over medium-high heat 5 to 7 minutes or until meat is browned, stirring occasionally. Simmer, uncovered, 25 to 30 minutes more, stirring occasionally. Discard stick cinnamon.

3. Divide rice among serving bowls. Top with meat mixture, cabbage, cucumber, shallot, chile pepper, and cilantro. Serve with lime halves. **MAKES 4 SERVINGS.**

***TIP** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

PER SERVING 497 cal, 27 g fat (18 g sat. fat), 72 mg chol, 399 mg sodium, 33 g carb., 3 g fiber, 4 g sugars, 27 g pro.

ENGLISH VS. COMMON CUCUMBERS

Instead of removing seeds from a cucumber, consider using an English cucumber. Slightly thinner, longer, and sweeter than the common cucumber, the English cuke has tiny seeds.



CUCUMBERS,
TOMATOES
& MINT

CREAMY
CUCUMBERS



**A CUCUMBER
SALAD**

in the fridge is a hallmark of summer. Here are four to keep in your salad rotation for when you're craving cool and fresh.



CUCUMBER,
OLIVE & DILL
SALAD



THAI
CUCUMBER-
BASIL SALAD

CUCUMBER, TOMATOES & MINT

HANDS-ON TIME 10 minutes

TOTAL TIME 40 minutes

Peel 3 medium **cucumbers**; cut in half lengthwise and remove seeds; slice $\frac{1}{2}$ inch thick. In an extra-large bowl combine 6 Tbsp. **olive oil**, $\frac{1}{4}$ cup **lemon juice**, 2 Tbsp. chopped fresh **mint**, and $\frac{1}{2}$ tsp. **salt**. Add cucumbers and 4 pints halved **cherry tomatoes**. Toss to coat. Cover; marinate at room temperature 30 minutes or chill up to 4 hours before serving.

MAKES 8 SERVINGS.

PER SERVING 141 cal., 11 g fat (1 g sat. fat), 0 mg chol., 157 mg sodium, 12 g carb., 3 g fiber, 7 g sugars, 2 g pro.

CREAMY CUCUMBERS

HANDS-ON TIME 15 minutes

TOTAL TIME 4 hours 15 minutes (includes chill time)

If desired, peel 1 large **cucumber**. Cut into thin slices. In a medium bowl combine $\frac{1}{2}$ cup **sour cream or plain yogurt**, 1 Tbsp. **vinegar**, 1 Tbsp. chopped fresh **chives**, $\frac{1}{2}$ tsp. **salt**, and dash **black pepper**. Add cucumber and $\frac{1}{3}$ cup thinly sliced **onion**; toss to coat. Cover and chill at least 4 hours or up to 3 days, stirring occasionally. Stir before serving. **MAKES 6 SERVINGS.**

PER SERVING 45 cal., 3 g fat, (2 g sat. fat), 8 mg chol., 209 mg sodium, 4 g carb., 0 g fiber, 2 g sugars, 1 g pro.

CUCUMBER, OLIVE & DILL SALAD

HANDS-ON TIME 15 minutes

TOTAL TIME 2 hours 15 minutes (includes chill time)

In a large bowl combine $\frac{1}{4}$ cup **red wine vinegar**; 2 Tbsp. chopped **fresh dill**; 1 Tbsp. **canola oil**; 2 tsp. **sugar**; and 1 tsp. **salt**. Stir in 3 medium **English cucumbers**, thinly sliced, and $\frac{1}{2}$ cup each thinly sliced **red onion** and sliced pitted **Kalamata olives**. Cover and chill at least 2 hours or up to 3 days before serving.

MAKES 12 SERVINGS.

PER SERVING 39 cal., 3 g fat (0 g sat. fat), 0 mg chol., 329 mg sodium, 3 g carb., 1 g fiber, 2 g sugars, 1 g pro.

THAI CUCUMBER-BASIL SALAD

HANDS-ON TIME 10 minutes

TOTAL TIME 25 minutes

Peel 2 medium **cucumbers**; cut in half lengthwise and remove seeds. Slice $\frac{1}{4}$ inch thick. In a medium bowl combine 3 Tbsp. **rice vinegar**, 2 tsp. **sugar**, 1 tsp. thinly sliced fresh **red Thai or serrano chile pepper**, and $\frac{1}{2}$ tsp. each of **salt**, **lime zest**, and grated fresh **ginger**. Stir in cucumbers. Let stand 15 minutes. Stir in 2 Tbsp. thinly sliced fresh **basil**. Serve using a slotted spoon. Cover and chill any remaining up to 3 days.

MAKES 5 SERVINGS.

PER SERVING 29 cal., 0 g fat, 0 mg chol., 236 mg sodium, 6 g carb., 1 g fiber, 4 g sugars, 1 g pro.

REFRIGERATOR PICKLES

are one of the easiest condiments to prepare. No special canning equipment required—just a little time and patience.

DILLED QUICK PICKLES

HANDS-ON TIME 30 minutes

TOTAL TIME 40 minutes

- $\frac{1}{2}$ lb. 4-inch pickling cucumbers
- $\frac{1}{3}$ cup thinly sliced halved red onion
- 6 sprigs fresh dill
- 6 cloves garlic, thinly sliced
- 2 tsp. coriander seeds
- 2 tsp. whole black peppercorns
- 2 tsp. celery seeds
- 1 tsp. mustard seeds
- $1\frac{3}{4}$ cups water
- $1\frac{1}{3}$ cups white vinegar
- 1 Tbsp. sugar
- 1 Tbsp. salt

1. Thoroughly scrub cucumbers in cold water; pat dry. Remove stems; slice off blossom ends. Cut cucumbers lengthwise into quarters.
2. Pack cucumbers, onion, dill, and garlic into two pint canning jars. Divide coriander seeds, peppercorns, celery seeds, and mustard seeds evenly between the jars.
3. In a small saucepan combine the water, vinegar, sugar, and salt; bring to boiling. Divide hot mixture evenly between jars, pouring it slowly over the cucumber mixture. Secure lids and chill in refrigerator overnight or up to 1 week before serving. **MAKES 2 PINTS (16 SERVINGS).**

PER SERVING 11 cal., 0 g fat, 0 mg chol., 358 mg sodium, 2 g carb., 0 g fiber, 1 g sugars, 0 g pro.





**SWEET
ROASTED
TOMATOES**



**SWORDFISH WITH
OVEN-ROASTED
TOMATO SAUCE**

Swordfish is a fatty fish, but most of the fat is heart-healthy omega-3s.
(recipe, page 46)

Vine-ripened tomatoes are naturally sweet. Add a little heat to magnify their sweetness. In these roasty recipes, we've paired the sweet with spicy chiles, tangy olives, and fresh herbs.



BASIL-TOMATO TART

HANDS-ON TIME 30 minutes

TOTAL TIME 1 hour 17 minutes

- ½ of a 14.1-oz. pkg. (1 crust) rolled refrigerated unbaked piecrust
- 1½ cups shredded mozzarella cheese (6 oz.)
- 5 roma tomatoes or 4 medium tomatoes
- 1 cup loosely packed fresh basil leaves
- 2 cloves garlic, halved
- ½ cup mayonnaise
- ¼ cup grated Parmesan cheese
- ⅓ tsp. white pepper

1. Preheat oven to 450°F. Let piecrust stand according to package directions. Unroll piecrust into a 9-inch quiche dish

or pie plate. Fold under extra pastry even with edge of dish; crimp edge as desired.

Do not prick pastry. Line pastry with a double-thickness of foil. Bake 8 minutes. Remove foil. Bake 4 to 5 minutes more or until set and dry. Remove from oven. Reduce oven temperature to 375°F. Sprinkle partially baked pastry shell with ½ cup of the mozzarella cheese. Cool slightly on a wire rack.

2. Cut tomatoes into wedges; drain on paper towels. Arrange tomato wedges over cheese in crust. Place basil and garlic in food processor; cover and pulse until coarsely chopped. Sprinkle over tomatoes.

3. In a medium bowl combine the remaining 1 cup mozzarella cheese, the mayonnaise, Parmesan, and pepper.

Spread cheese mixture over tomatoes, covering completely.

4. Bake 35 to 40 minutes or until top is golden and bubbly. Serve warm. If desired, top with additional basil and Parmesan cheese. **MAKES 8 SERVINGS.**

TO MAKE AHEAD Prepare and bake crust; cut tomatoes into wedges and drain. Cover crust and tomatoes; let stand at room temperature up to 2 hours. Prepare cheese mixture; cover and chill up to 2 hours. Assemble and bake tart as directed.

PER SERVING 275 cal., 21 g fat (6 g sat. fat), 24 mg chol., 369 mg sodium, 17 g carb., 1 g fiber, 1 g sugars, 8 g pro.

ROASTED TOMATO TOPPER

HANDS-ON TIME 15 minutes

TOTAL TIME 35 minutes

- 2 lb. grape or cherry tomatoes
- 2 to 3 Tbsp. olive oil
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 3 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- 4 cloves garlic, minced
- ½ cup pitted Kalamata or green olives, coarsely chopped

1. Position one oven rack in upper third of oven. Preheat oven to 400°F. Place tomatoes on a 15×10-inch baking pan. Drizzle with the 2 to 3 Tbsp. oil; toss to coat. Season with salt and pepper.

2. Roast tomatoes 20 to 25 minutes or until skins begin to split and wrinkle.

3. Meanwhile, in a small bowl stir together vinegar, the 2 Tbsp. olive oil, and the garlic. Add olives to tomatoes in pan; toss to combine. Drizzle vinegar mixture over tomato mixture; toss to coat. **MAKES 8 SERVINGS.**

PER SERVING 215 cal., 10 g fat (1 g sat. fat), 0 mg chol., 484 mg sodium, 28 g carb., 3 g fiber, 4 g sugars, 5 g pro.



ROASTED TOMATO TOPPER

Spin this versatile recipe (*opposite*) into four delicious appetizers.

NO. 1

MEDITERRANEAN HUMMUS

Prepare as directed, except stir in 1 Tbsp. snipped fresh rosemary. Spoon tomatoes over hummus. Serve with pita chips.

NO. 2

SHRIMP COCKTAIL

Prepare as directed, except omit olives and stir in crushed red pepper flakes. Puree the tomato mixture; serve with chilled cooked shrimp.

NO. 3

CHEESY BAKED TOMATOES

Prepare as directed, except omit olives. Stir in fresh mozzarella pearls. Spoon into a 1-qt. au gratin dish. Bake in a 375°F oven 5 to 8 minutes or until cheese begins to melt. Top with fresh basil.

NO. 4

HERBED CHEESE TOASTS

Prepare as directed. Toast baguette slices, then top with an herb-cheese spread (such as Boursin) or chive-and-onion-flavored cream cheese. Spoon on tomatoes.



ROASTED TOMATO AND ARTICHOKE PASTA
 Marinated artichokes give this pasta tang.
 If you use fresh or frozen artichokes, add a splash of red wine vinegar.

ROASTED TOMATO & ARTICHOKE PASTA

START TO FINISH 25 minutes

- 2 cups dried campanelle or penne pasta
- 4 Tbsp. olive oil
- 10 to 12 oz. red and/or yellow cherry tomatoes
- 1 6.5- to 7.5-oz. jar quartered marinated artichoke hearts, drained
- ½ cup pitted Kalamata olives
- 6 sprigs fresh thyme
- 6 sprigs fresh oregano
- ½ tsp. crushed red pepper (optional)

1. Preheat oven to 400°F. Cook pasta according to pkg. directions; drain. Return pasta to hot pan. Add 1 Tbsp. oil; toss to coat.
2. Meanwhile, in a shallow baking pan combine remaining ingredients. Drizzle with remaining 3 Tbsp. oil. Roast 5 to 7 minutes or until tomatoes are sizzling and beginning to burst, stirring once. Add tomato mixture to warm pasta; toss to combine. **MAKES 4 SERVINGS.**
PER SERVING 403 cal, 21 g fat (2 g sat. fat), 0 mg chol., 876 mg sodium, 47 g carb., 3 g fiber, 5 g sugars, 8 g pro.

SWORDFISH WITH OVEN-ROASTED TOMATO SAUCE

Pictured on page 43.

HANDS-ON TIME 35 minutes

TOTAL TIME 58 minutes

- 4 4-oz. fresh or frozen swordfish steaks, cut 1 inch thick
- Nonstick cooking spray
- 1 lb. roma tomatoes, cored and quartered
- ½ of a small onion, quartered
- 1 large clove garlic
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 2 Tbsp. tomato paste
- 1 tsp. chopped fresh rosemary
- ½ cup vegetable broth
- 2 Tbsp. heavy cream
- 1 Tbsp. butter, softened
- ½ tsp. freshly ground black pepper
- 2 Tbsp. finely chopped fresh basil

1. Thaw fish, if frozen. Preheat broiler. Rinse fish; pat dry. Chill until needed.
2. Lightly coat a 15×10-inch baking pan with cooking spray. Place tomatoes, onion, and garlic in prepared pan; sprinkle with salt and crushed red pepper. Broil 3 to 4 inches from heat 10 minutes. Gently stir in tomato paste. Broil 5 minutes more or until tomatoes and onion begin to blacken at the edges.
3. In a blender or food processor combine tomato mixture and rosemary. Cover and blend until smooth. Transfer mixture to a medium saucepan; stir in broth. Bring to boiling, stirring constantly; reduce heat. Simmer, uncovered, 12 to 15 minutes or until reduced to 1½ cups. Stir in cream. Cover sauce and keep warm.
4. Lightly coat a broiler pan with cooking spray; place fish on pan. Brush both sides of fish with butter; sprinkle with black pepper. Broil 5 to 6 inches from heat 8 to 12 minutes or until fish flakes easily, turning once. Sprinkle fish with basil; serve with sauce. **MAKES 4 SERVINGS.**
PER SERVING 254 cal., 14 g fat (5 g sat. fat), 93 mg chol., 437 mg sodium, 9 g carb., 2 g fiber, 5 g sugars, 24 g pro.

ROASTED TOMATO AND POBLANO SOUP

Romas—aka sauce tomatoes—are the tomato of choice for this soup because of their meaty texture and fewer seeds.

ROASTED TOMATO & POBLANO SOUP

HANDS-ON TIME 30 minutes

TOTAL TIME 90 minutes

Nonstick cooking spray

- 2½ lb. roma tomatoes, quartered
- 1 to 2 cloves garlic, unpeeled
- 2 Tbsp. olive oil
- ½ tsp. salt
- 4 fresh poblano chile peppers (tip, p. 39)
- 2 red sweet peppers
- 1 cup chopped onion
- 1 32-oz. carton reduced-sodium chicken broth
- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- Crumbled queso fresco, pepitas, and/or chopped fresh cilantro (optional)

- 1.** Preheat oven to 425°F. Line two 15×10-inch baking pans with foil; lightly coat foil with cooking spray. Place tomatoes and garlic in one prepared baking pan. Drizzle with 1 Tbsp. of the oil and sprinkle with salt; toss to coat. Roast tomatoes 25 minutes.
 - 2.** Meanwhile, cut poblano and sweet peppers in half lengthwise; remove stems and seeds. Place pepper halves, cut sides down, on remaining prepared baking pan.
 - 3.** Place peppers in oven with tomatoes. Roast 20 to 25 minutes or until peppers are lightly charred and tender. Bring foil up around peppers to enclose. Let stand 15 minutes or until cool. Peel off and discard skins. Cut up peppers. Peel garlic.
 - 4.** In a 4-qt. Dutch oven heat remaining 1 Tbsp. oil over medium heat. Add onion; cook 7 minutes or until tender, stirring occasionally. Add tomatoes, peppers, garlic, broth, oregano, and cumin. Using an immersion blender, blend mixture until smooth. Bring to boiling; reduce heat. Simmer, covered, 15 minutes, stirring occasionally. If desired, top with queso fresco, pepitas, and/or cilantro. **MAKES 8 SERVINGS.**
- PER SERVING** 107 cal., 4 g fat (1 g sat. fat), 0 mg chol., 420 mg sodium, 14 g carb., 3 g fiber, 6 g sugars, 4 g pro.





VIVA ZUCCHINI



SKILLET
ZUCCHINI
(RECIPE,
PAGE 53)

RECIPES: DOMENICA MARCHETTI
PHOTOS: BLAINE MOATS
FOOD STYLING: GREG LUNA

THUMP! THERE IT IS. THE BAG OF ZUCCHINI LEFT ON YOUR DOORSTEP BY YOUR WELL-MEANING NEIGHBOR. NOW WHAT? Grab that bag and take a virtual trip to Italy, where cooks revere the prolific and accommodating vegetable and make it the star of summer meals. Bring those flavors home with these seven recipes.

NOODLES & "ZOODLES" WITH SAFFRON & CREAM

This dish doesn't completely skip pasta in favor of "zoodles." Together they make a substantial meal that's still light and fresh.

TOTAL TIME 35 minutes

- 8 oz. dried spaghetti
- 3 to 4 oz. cubed pancetta
- 1 Tbsp. extra virgin olive oil
- 3 medium zucchini (about 1½ lb.), ends trimmed and spiral-cut (tip, p. 53)

- 1 tsp. saffron threads, finely ground* (or ½ tsp. paprika and ¼ tsp. ground turmeric)
- ¾ cup heavy cream
- ½ cup freshly grated Grana Padano or Parmesan cheese (1 oz.), plus more for topping

1. Cook spaghetti according to package directions. Drain, reserving ½ cup cooking liquid. Meanwhile, in a 12-inch skillet cook and stir pancetta in hot oil 10 minutes or until crisp. Transfer to a paper towel-lined plate.

2. Add zucchini noodles and saffron to skillet. Using tongs, toss zucchini to coat with skillet drippings. Add cream; increase heat to medium-high. Cook just until boiling. Remove skillet from heat.

3. Toss spaghetti with zucchini in skillet. Sprinkle with cheese; toss again. Add enough of the reserved cooking liquid to reach a creamy consistency. Top with pancetta and additional cheese to taste.

Makes 8 servings.

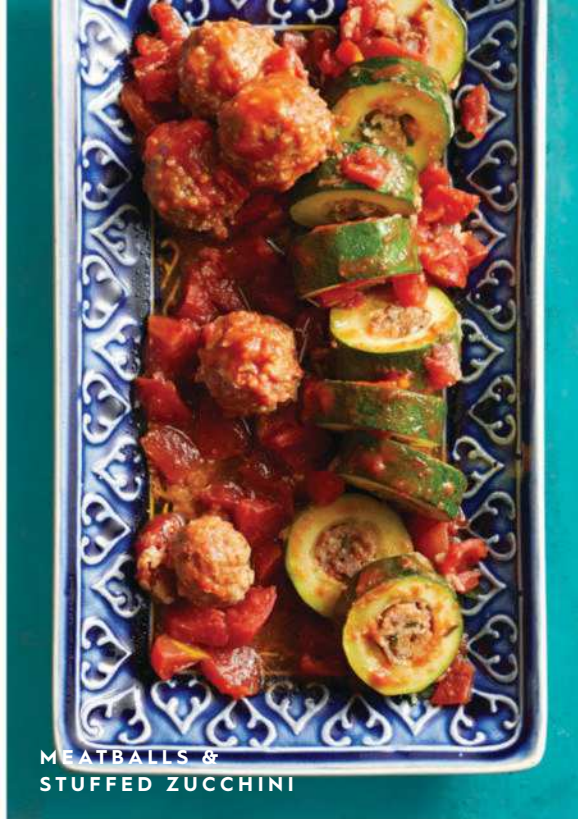
***TIP** A mortar and pestle results in a fine grind. You can also place threads in a small resealable plastic bag and crush with a rolling pin.

PER SERVING 294 cal., 18 g fat (8 g sat. fat), 38 mg chol., 247 mg sodium, 25 g carb., 2 g fiber, 4 g sugars, 9 g pro.





QUICK-PICKLED ZUCCHINI



MEATBALLS & STUFFED ZUCCHINI

QUICK-PICKLED ZUCCHINI

An assertive brine makes these pickles tart enough for rich foods: summer cheese boards, BBQ sandwiches, and hot dogs.

HANDS-ON TIME 20 minutes
TOTAL TIME 2 hour 20 minutes

- 2 to 3 medium zucchini (about 1½ lb.), ends trimmed
- ½ of a fennel bulb, trimmed and cored, plus ¼ cup fronds
- 1 large shallot
- 1 to 2 red chile peppers or jalapeño peppers, stemmed
- ¾ cup white wine vinegar
- ¾ cup cider vinegar
- 1 Tbsp. sugar
- ½ tsp. dried mint
- ½ tsp. whole black peppercorns
- ½ tsp. whole dried coriander seeds
- 2 Tbsp. extra virgin olive oil

1. Using a mandoline or vegetable peeler, slice zucchini lengthwise into thin ribbons, about ⅛ inch thick (tip, page 53). Using a mandoline or chef's knife, thinly slice fennel bulb and shallot. Thinly slice chile peppers crosswise. Toss all slices with 2 Tbsp. salt in a colander set over a bowl. Let stand 1 hour to release moisture.
2. Sandwich all slices between layers of kitchen towels or paper towels. Press gently to absorb moisture. Transfer slices to a large heatproof bowl.
3. For brine: In a medium saucepan bring vinegars, sugar, mint, peppercorns, and coriander to boiling. Boil 2 minutes,

stirring to dissolve sugar. Pour brine over slices. Stir in fennel fronds; let cool to room temperature.

4. Divide slices and brine equally among storage jars; top each with olive oil equally. Cure in refrigerator 24 hours before serving. Store in refrigerator up to 2 weeks. **Makes 4 cups.**

PER ¼ CUP 16 cal., 0 g fat, 0 mg chol., 218 mg sodium, 3 g carb., 1 g fiber, 2 g sugars, 1 g pro.

MEATBALLS & STUFFED ZUCCHINI

If you like, you can substitute ground pork for half the beef in this meatball mixture.

HANDS-ON TIME 45 minutes
TOTAL TIME 1 hour 40 minutes

- 1 28-oz. can whole tomatoes, undrained and coarsely chopped
- 2 Tbsp. tomato paste
- 1 Tbsp. chopped fresh marjoram or oregano
- 1 Tbsp. extra virgin olive oil
- 6 medium zucchini (about 3 lb.), ends trimmed
- 1 lb. 90% lean ground beef
- 2 cups lightly packed fresh bread crumbs*
- 2 eggs, lightly beaten
- ½ cup finely shredded Parmesan or Pecorino Romano cheese (1 oz.)
- ¼ cup chopped fresh Italian parsley
- 2 Tbsp. half-and-half or milk
- 3 cloves garlic, minced

1. For tomato sauce: In a medium bowl combine chopped tomatoes, tomato paste, marjoram, olive oil, and ½ tsp. salt; set aside.
 2. Using a corer, hollow out each whole zucchini, being careful not to pierce its walls (tip, page 53). Discard center flesh; set zucchini aside.
 3. Preheat oven to 375°F. In a large bowl combine beef, bread crumbs, eggs, cheese, parsley, half-and-half, garlic, 1 tsp. salt, and ¼ tsp. black pepper. Divide mixture in half. Using a spoon, fill zucchini with half the mixture, packing lightly. (Filling will expand while baking.) Shape remaining mixture into twelve 1½-inch meatballs.
 4. Spoon ½ cup of the tomato sauce into bottom of a 3-qt. rectangular baking dish. Arrange zucchini in dish; spoon half of remaining sauce on top; cover with foil. Arrange meatballs in a 2-qt. baking dish; spoon remaining sauce over meatballs.
 5. Bake zucchini 50 minutes or until thermometer inserted in meat mixture registers 160°F and zucchini is tender, turning zucchini once. Bake meatballs, uncovered, the last 30 minutes or until done (160°F). Cool zucchini slightly; slice into 1-inch coins. **Makes 6 to 8 main-dish or 12 to 16 appetizer servings.**
- *TIP** To make fresh bread crumbs, trim crust off day-old bread. Tear or cut into pieces. In a food processor, pulse until crumbs form.
- PER SERVING** 354 cal., 16 g fat (6 sat. fat), 120 mg chol., 1,142 mg sodium, 26 g carb., 6 g fiber, 11 g sugars, 27 g pro.



ZUCCHINI-WALNUT CAKE

A CUT ABOVE



SPIRALIZING
Spiralizer blades result in varying thicknesses. You want a thickness similar to fettuccine so zucchini holds its shape without becoming limp.



SLICING
A mandoline guarantees the same thickness for every slice. Slices that are 1/8 inch thick are perfect for pickling; thin enough to absorb brine but thick enough to maintain a crunch.



CORING
Using an apple corer, core from both ends to get to the center of a medium zucchini. For longer veggies, halve crosswise first for easier handling.

SHREDDED ZUCCHINI AND LEMON SYRUP KEEP THIS CAKE MOIST ENOUGH TO SKIP THE ICING. JUST TOP WITH SQUASH BLOSSOMS. LA DOLCE VITA.

ZUCCHINI-WALNUT CAKE

Bake and freeze a second cake to have on hand for an impromptu get-together. Let it thaw about 2 hours on the counter before serving.

HANDS-ON TIME 30 minutes
TOTAL TIME 1 hour 10 minutes

- 2 medium zucchini (about 1 lb.), ends trimmed
- 2 cups all-purpose flour
- 1/2 cup walnuts, finely chopped
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- Pinch freshly grated nutmeg
- 3 eggs
- 1 1/4 cups sugar
- 2/3 cup sunflower oil or vegetable oil
- 1/4 cup butter, melted and slightly cooled
- 2 tsp. vanilla
- 1 tsp. lemon zest
- 1 tsp. orange zest
- 3/4 cup buttermilk
- 1 recipe Lemon Syrup
- Zucchini blossoms, optional

1. Preheat oven to 350°F. Grease a 13×9-inch baking pan or line with parchment paper.
2. Using large holes of a box grater, shred zucchini. (You should have 2 cups packed.) Transfer zucchini to a clean kitchen towel. Roll up; squeeze out as much moisture as possible.
3. In a medium bowl whisk together flour, walnuts, salt, baking soda, cinnamon, and nutmeg; set aside.
4. In a large bowl whisk together eggs, sugar, oil, butter, vanilla, and citrus zests. Stir in zucchini and half of flour mixture, mixing well after each addition. Stir in buttermilk, then remaining flour mixture until just combined. Spread batter evenly in prepared pan.
5. Bake 40 to 45 minutes or until golden brown and a toothpick comes out clean. Transfer pan to a wire rack. Brush top of warm cake with Lemon Syrup; cool in

pan. If desired, top with zucchini blossoms. **Makes 12 to 16 slices.**

LEMON SYRUP In a small saucepan bring three 3×1/2-inch strips lemon zest, 1/2 cup lemon juice, and 1/2 cup sugar to boiling over medium heat, stirring to dissolve sugar. Remove from heat; let cool. Strain syrup; discard solids.

PER SLICE 398 cal, 21 g fat (4 g sat. fat), 58 mg chol., 359 mg sodium, 49 g carb., 1 g fiber, 32 g sugars, 6 g pro.

SKILLET ZUCCHINI

Pictured on p. 49

HANDS-ON TIME 15 minutes
TOTAL TIME 35 minutes

- 3 medium zucchini or about 1 1/2 lb. baby zucchini, ends trimmed
- 3 Tbsp. extra virgin olive oil
- 1 clove garlic, smashed and peeled
- 1 to 2 Tbsp. aged balsamic vinegar
- Fresh mint leaves

1. Slice medium zucchini crosswise to 1/2-inch thickness or halve baby zucchini lengthwise. Toss zucchini with 1 tsp. salt in a colander set in a bowl; let stand 20 minutes to release moisture. Spread zucchini on a kitchen towel or paper towels; top with more towels. Press gently to absorb excess moisture.
 2. In a 12-inch skillet heat olive oil and garlic over medium heat 1 to 2 minutes or until oil begins to sizzle, pressing down on garlic to release flavor. Discard garlic before it begins to brown.
 3. Increase heat to medium-high; add zucchini, stirring to coat with oil. (Be careful; mixture may spatter.) Cook, without stirring, about 3 minutes or until browned. Cook, stirring 1 to 2 minutes more until just tender. Remove pan from heat. Drizzle vinegar over zucchini. Top with fresh mint and freshly ground black pepper. **Makes 6 servings.**
- PER SERVING** 83 cal, 7 g fat (1 g sat. fat), 0 mg chol., 197 mg sodium, 4 g carb., 1 g fiber, 3 g sugars, 1 g pro.



ZUCCHINI & FETA FRITTATA

ZUCCHINI & FETA FRITTATA

A slice of crusty bread and a slather of mayo turn this frittata wedge into a brunch meal.

HANDS-ON TIME 30 minutes

TOTAL TIME 55 minutes

- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. unsalted butter
- ¼ cup finely chopped red onion
- 2 to 3 medium zucchini (about 1 lb.), ends trimmed and cut into ½-inch-thick slices
- 2 tsp. chopped fresh marjoram or oregano,* plus more for topping
- 8 eggs
- 1 cup crumbled feta cheese, plus more for topping
- Ciabatta bread slices, toasted
- Mayonnaise

1. Preheat broiler. In a 10-inch nonstick oven-going skillet heat olive oil and butter over medium heat. Add onion; cook and stir 3 minutes or until softened. Add zucchini and 1 tsp. of the marjoram; toss gently to coat with butter mixture.

Spread zucchini in a single layer in skillet; cook 10 to 15 minutes or until tender and browned in spots, turning gently once or twice.

2. Meanwhile, in a medium bowl whisk together eggs, ½ tsp. salt, ¼ tsp. black pepper, and the remaining marjoram. Pour egg mixture into skillet; top with feta. Reduce heat to low; cook, without stirring, 12 minutes or until top is just set.

3. Broil frittata 4 to 5 inches from heat 3 to 4 minutes or until top is set and browned. Remove from oven; let stand 1 minute. Transfer frittata to a serving platter; let stand 10 minutes. Top with additional feta cheese and marjoram. Serve with ciabatta slices spread with mayonnaise. **Makes 6 wedges.**

***TIP** In Italian cooking marjoram and oregano are interchangeable. If you're oregano-ed out, marjoram lends sweet pine and citrus notes to dishes.

PER WEDGE 366 cal., 25 g fat (9 g sat. fat), 282 mg chol., 730 mg sodium, 20 g carb., 1 g fiber, 4 g sugars, 16 g pro.

GRILLED ZUCCHINI PARMIGIANA

HANDS-ON TIME 1 hour

TOTAL TIME 2 hour

- 5 large zucchini (about 4 lb.), ends trimmed and cut lengthwise into ½-inch-thick slices*
- ¼ cup unsalted butter
- 1 small spring onion or white onion, finely chopped (½ cup)
- 3 Tbsp. all-purpose flour
- 2 cups whole milk or reduced-fat milk
- 2 Tbsp. finely chopped fresh basil, plus more for topping
- ½ tsp. freshly grated nutmeg
- 8 oz. thinly sliced fresh mozzarella cheese
- 1 cup freshly grated Parmesan cheese (2 oz.)

1. Lightly coat zucchini slices with *nonstick cooking spray* on one side; season with ½ tsp. salt and ¼ tsp. black pepper. Working in batches, grill zucchini on rack of a covered grill over high heat on coated side 4 to 8 minutes or until char marks form; remove. Set aside. Preheat oven to 375°F. Butter a 13×9-inch or 3-qt. rectangular baking dish.

2. For bechamel sauce (white sauce): In a medium saucepan melt butter and cook onion over medium heat 5 minutes or until softened. Add flour; cook 3 minutes or until light golden brown, stirring constantly. Add milk, whisking to combine well; bring to boiling. Reduce heat; simmer 2 minutes, stirring often. Stir in basil, nutmeg, ½ tsp. salt, and ¼ tsp. black pepper. Remove from heat.

3. Layer a third of white sauce, a third of zucchini slices (grill marks up), and half each of mozzarella and Parmesan; repeat layers. Top with remaining sauce and zucchini slices (grill marks up).

4. Bake, uncovered, 30 to 40 minutes or until bubbling and nicely browned. Remove; let stand 20 minutes. Top with additional fresh basil and *flaky sea salt*.

Makes 6 to 8 servings.

***TIP** Ideally, you need zucchini that measure 9 inches in length to cover the width of the baking dish.

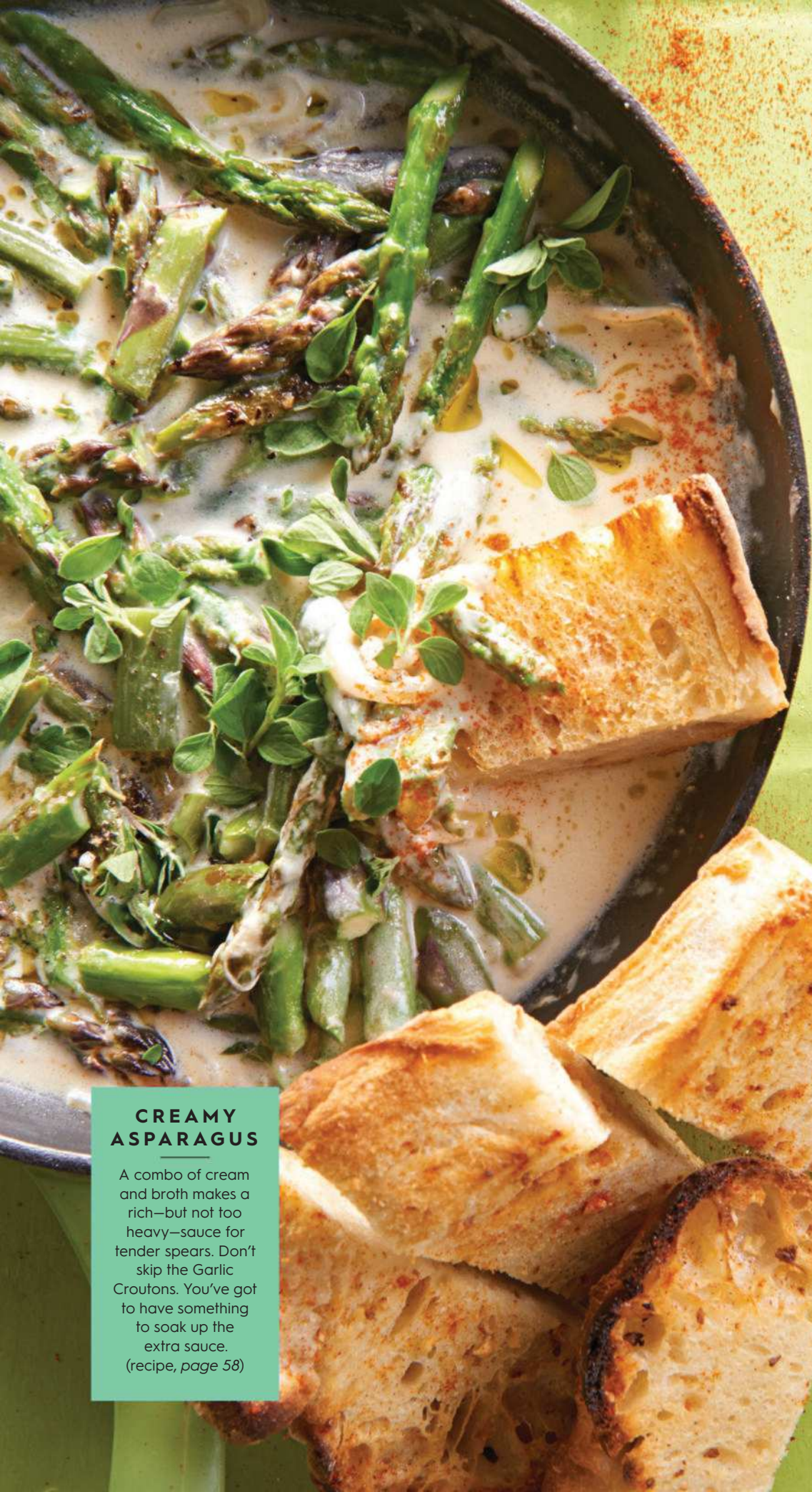
PER SERVING 338 cal., 22 g fat (13 g sat. fat), 67 mg chol., 981 mg sodium, 19 g carb., 3 g fiber, 12 g sugars, 17 g pro.

GRILLED ZUCCHINI
PARMIGIANA



LAYERING SLABS OF GRILLED ZUCCHINI **WITH
MOZZARELLA AND PARMESAN CHEESES** AND A
BASIL-INFUSED BECHAMEL? THAT'S AMORE.

ASPARAGUS



CREAMY ASPARAGUS

A combo of cream and broth makes a rich—but not too heavy—sauce for tender spears. Don't skip the Garlic Croutons. You've got to have something to soak up the extra sauce. (recipe, page 58)

ASPARAGUS RIBBON SALAD

This salad would be the hit of any springtime bridal or baby shower.

Make a pesto to echo and enhance the subtle flavors of shaved asparagus ribbons, peas, and arugula. (recipe, page x)



It's time for a spring fling with an old flame. Grab a bundle—green, purple, or white—and fall in love all over again with these delicious spears in our sextet of innovative recipes.

ASPARAGUS RIBBON SALAD

The asparagus-pea pesto is easy and versatile, plus leftovers hold up well. Serve the extra as a dip with chips or toss it with spaghetti and shrimp for a quick lunch. Pictured on page 57.

START TO FINISH 30 minutes

- 1½ bunches asparagus (12 oz.), washed and trimmed
- 1½ cups fresh or frozen peas
- 2 cloves garlic, peeled and halved
- 3 Tbsp. champagne vinegar or white wine vinegar
- 3 Tbsp. olive oil
- ½ cup grated Parmesan cheese
- 2 cups arugula

1. Cut the half bunch of asparagus into 1-inch pieces (¾ cup). In a medium saucepan bring about 5 cups water to boiling. Add asparagus pieces; cook 2 to 3 minutes or until bright green and crisp-tender. Transfer to a bowl of ice water until cold; drain. Repeat with fresh peas. (For frozen peas, skip cooking; rinse under water to thaw.)

2. For asparagus-pea pesto: In a food processor combine asparagus pieces, 1 cup of the peas, the garlic, and vinegar. Cover; pulse several times to chop. Scrape sides. Pulse again until mixture forms a paste. With machine running, slowly pour in olive oil. Add Parmesan; pulse to combine. Transfer to a bowl. Season with ½ tsp. salt and ¼ tsp. black pepper; set aside.

3. Using a sharp vegetable peeler, peel the remaining full bunch of asparagus to create thin ribbons. Slice any remaining pieces (tip, page 63). In a large bowl combine asparagus ribbons, arugula, and remaining ½ cup peas. Add ½ cup pesto; toss to coat. (Refrigerate the remaining pesto up to 1 week.) **Makes 4 servings.**

PER SERVING 179 cal., 12 g fat (2 g sat. fat), 6 mg chol., 268 mg sodium, 12 g carb., 4 g fiber, 4 g sugars, 6 g pro.

CREAMY ASPARAGUS

Pictured on page 56.

HANDS-ON TIME 25 minutes

TOTAL TIME 35 minutes

- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- ¼ cup thinly sliced shallot
- 1½ bunches asparagus (12 oz.), washed, trimmed, and cut into 2-inch pieces
- 1 Tbsp. all-purpose flour
- 1 cup whipping cream or light cream
- ¾ cup reduced-sodium chicken broth
- 1 Tbsp. fresh thyme leaves
- 2 Tbsp. dry cooking sherry
- 2 Tbsp. fresh marjoram or oregano leaves, plus more for garnish
- Smoked paprika
- 1 recipe Garlic Croutons

1. In a large skillet heat 1 Tbsp. of the oil and the butter over medium heat. Add shallot; cook and stir 1 minute or until tender. Add asparagus; cook 3 minutes more.

2. Stir in flour. Add cream, broth, thyme, and ½ tsp. each salt and pepper. Cook and stir until bubbly. Reduce heat to low. Simmer, uncovered, 10 minutes or until thickened. Stir in sherry and marjoram; remove from heat. Drizzle with remaining oil. Sprinkle with paprika and additional marjoram; top with Garlic Croutons.

Makes 6 servings.

GARLIC CROUTONS Preheat broiler. Mix 2 Tbsp. softened butter and 1 clove minced garlic. Split half of a 1-lb. loaf ciabatta lengthwise; spread cut sides with butter mixture. (Keep rest of loaf for another use.) Broil 3 minutes on a baking sheet 4 inches from heat. Sprinkle with salt and smoked paprika. Cut into pieces.

PER SERVING 434 cal., 26 g fat (14 g sat. fat), 64 mg chol., 604 mg sodium, 42 g carb., 3 g fiber, 4 g sugars, 10 g pro.





SPAGHETTI WITH SEARED ASPARAGUS

Sear asparagus in browned butter until sizzling, then toss in toasted panko crumbs, Asiago cheese, and hazelnuts. We used thicker white spears for this recipe for an elegant white-on-white pasta dish, but green asparagus will work just as nicely.

SPAGHETTI WITH SEARED ASPARAGUS

START TO FINISH 45 minutes

- 8 oz. dried spaghetti
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1½ bunches asparagus (12 oz.), washed, trimmed, and cut into 2-inch pieces
- 6 cloves garlic, minced
- ½ cup hazelnuts or almonds, toasted and coarsely chopped*
- ½ cup panko bread crumbs
- ½ cup finely shredded Asiago or Parmesan cheese (1 oz.)
- 3 Tbsp. lemon juice
- ½ tsp. cracked green or black peppercorns
- 1 Tbsp. hazelnut oil (optional)
- 1 Tbsp. chopped fresh Italian parsley

1. Cook pasta according to package directions. Drain, reserving 1 cup cooking liquid; set aside.

2. In a deep 12-inch skillet heat oil and butter over medium-high heat. Add asparagus; cook 5 minutes or until almost tender and beginning to blister, stirring occasionally. (Butter will turn golden brown.) Add garlic; cook 1 to 2 minutes, until garlic is golden and asparagus is blistered.

3. Meanwhile, heat a small skillet over medium heat. Add hazelnuts and panko. Cook 8 minutes or until golden, stirring occasionally. Remove from heat; transfer to a bowl. Stir in cheese.

4. Add spaghetti, lemon juice, peppercorns, and ½ tsp. salt to skillet with asparagus; toss to combine. Add enough of the reserved cooking liquid to reach desired consistency. Sprinkle with half the panko mixture; toss again. Top with remaining panko mixture. If desired, drizzle with hazelnut oil. Sprinkle with parsley. **Makes 6 servings.**

***TIP** To toast nuts, preheat oven to 350°F. Spread nuts in a single layer in a shallow baking pan. Bake 10 minutes or until golden, stirring once. Transfer to a kitchen towel. Rub to remove skins.

PER SERVING 305 cal., 15 g fat (5 g sat. fat), 16 mg chol., 254 mg sodium, 35 g carb., 3 g fiber, 3 g sugars, 9 g pro.



SAVORY ASPARAGUS CHEESECAKE

Sweet cheesecakes are the darlings of dessert—but savory cheesecakes? Well, they're ready to start a party! Make this savory cheesecake up to one day ahead of your gathering. On party day, let it stand at room temp for 1 hour. This allows the cheesecake to soften slightly and brings the flavors forward. Drizzle with lemon-infused oil to serve.

SAVORY ASPARAGUS CHEESECAKE

HANDS-ON TIME 30 minutes

TOTAL TIME 3 hr., plus 5 hr. for cooling

- 2 sleeves butter crackers (7 oz.), such as Town House or Ritz
- 6 Tbsp. unsalted butter, melted
- 1 bunch asparagus (8 oz.), washed, trimmed, and cut into ½-inch pieces (2 cups)
- 1½ cups whipping cream
- ½ cup finely chopped onion
- 2 Tbsp. unsalted butter
- 2 8-oz. pkg. cream cheese, softened
- 1 Tbsp. cornstarch
- 4 eggs
- 1 tsp. lemon zest
- ½ tsp. ground white pepper
- 6 to 8 spears asparagus, washed, trimmed, and halved lengthwise
- 2 Tbsp. lemon-infused oil (optional)

1. Preheat oven to 350°F. Line bottom of a 9-inch springform pan with parchment paper. Coat inside of pan with *nonstick cooking spray*; set aside.

2. In a food processor add crackers; pulse 30 seconds. Scrape sides; process 15 seconds or until fine crumbs. With processor running, drizzle in 6 Tbsp. melted butter until crumbs come together. Scrape sides; process 5 seconds more. Press evenly into bottom of prepared pan. Place on middle rack of oven. Bake 15 minutes or until set and golden brown. Cool on a wire rack.

3. Meanwhile, in a medium saucepan combine asparagus pieces, whipping cream, onion, 2 Tbsp. butter, and ½ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Let cool 20 to 30 minutes. Add to food processor; process until smooth.

4. In a large bowl beat cream cheese and cornstarch on medium speed 1 minute. Scrape sides; beat 30 seconds or until smooth. Add eggs, one at a time, beating well after each addition. Scrape sides; beat on medium-high 1½ to 2 minutes, until light and airy. Add asparagus mixture, lemon zest, white pepper, and ½ tsp. salt; beat on low until combined.

5. Pour filling into baked crust. Arrange asparagus spears on top. Place filled pan in a shallow baking pan. Bake 50 to

55 minutes or until just set (center will be slightly jiggly). Cool 15 minutes on wire rack. Using a knife, loosen sides of pan; cool 30 minutes. Remove sides of pan; cool completely. Cover; chill at least 4 hours. If desired, drizzle with lemon oil.

Makes 12 to 16 servings.

PER SERVING 439 cal., 40 g fat (21 g sat. fat), 154 mg chol., 464 mg sodium, 17 g carb., 1 g fiber, 4 g sugars, 6 g pro.

ROASTED ASPARAGUS & SALMON

The rich saltiness of lox—salt-cured or brined salmon—pairs well with the bright acidity of lemon juice, yogurt, and capers in this dish. Pictured on page 62.

HANDS-ON TIME 20 minutes

TOTAL TIME 35 minutes

- 3 bunches asparagus (1½ lb.), washed and trimmed
- ¼ cup olive oil
- 1 lemon (about 1 Tbsp. zest, ¼ cup juice)
- 1 Tbsp. honey
- 1 Tbsp. caraway seeds
- 4 to 6 oz. thinly sliced smoked salmon (lox-style)
- 1 5.3-oz. container plain whole milk Greek yogurt
- 1 Tbsp. capers, chopped, plus 1 Tbsp. brine
- 2 Tbsp. chopped fresh dill weed, plus more for garnish
- 6 eggs, soft- or hard-cooked, peeled and halved
- Thinly sliced red onion

1. Preheat oven to 425°F. Arrange asparagus in a foil-lined shallow baking pan. In a small bowl whisk together olive oil, lemon zest and juice, honey, caraway seeds, ½ tsp. salt, and ¼ tsp. black pepper. Drizzle over asparagus; toss to coat. Scatter salmon slices on top. Roast 15 minutes; remove. Cool 5 minutes.

2. Meanwhile, in a small bowl stir together yogurt, capers and brine, and dill weed. Arrange egg halves over asparagus; spoon on yogurt mixture in mounds. Top with red onion slices and additional dill weed. **Makes 6 servings.**

PER SERVING 242 cal., 16 g fat (4 g sat. fat), 198 mg chol., 503 mg sodium, 10 g carb., 3 g fiber, 7 g sugars, 15 g pro.



Q&A on asparagus

HOW SHOULD I STORE ASPARAGUS?

Store bunches like spring bouquets.

Trim the stem ends, remove the band holding the bunch together, and stand spears in a tall cup or jar with enough water to keep ends moist.

WILL PURPLE SPEARS STAY PURPLE?

Purple asparagus turns dark green when cooked. (Heat breaks down the pigment, which is only in the skin.) Purple spears are sweeter and more tender than the other colors, making them especially delicious eaten raw.

WHAT MAKES ASPARAGUS WHITE?

Growing the spears under mulch or thick tarps prevents sunlight from reaching them, so they don't form the chlorophyll that makes plants green. White asparagus has a delicate flavor and a tough skin that needs to be removed.

ARE THINNER SPEARS TASTIER?

Not necessarily. Thicker spears are just as tasty as thin. Freshness is key to tenderness and flavor.



ROASTED ASPARAGUS & SALMON

Into the oven and onto the table in 35 minutes, this streamlined one-pan, one-bowl meal is genius! Smoky salmon, red onion, and capers punch up the asparagus flavor for a vibrant brunch-worthy dish. (recipe, page 61)



BATTERED ASPARAGUS & HAM HOAGIES

Crisp panko-crusted spears, bright mint leaves, and a lemon-garlic aioli take the basic ham sandwich way beyond ho-hum. Oven-frying turns asparagus into crunchy fries while keeping them light and fresh.

BATTERED ASPARAGUS & HAM HOAGIES

START TO FINISH 45 minutes

- 1½ cups panko bread crumbs
- 2 Tbsp. lemon-pepper seasoning
- 1 tsp. garlic powder
- ¾ cup cornstarch
- 3 eggs, lightly beaten
- 3 Tbsp. olive oil
- 20 asparagus spears (12 oz.), washed and trimmed
- 4 hoagie rolls, split
- ½ cup mayonnaise
- 1 recipe Lemon Aioli
- 4 slices prosciutto or deli ham
- 12 to 16 fresh mint leaves
- 2 Tbsp. coarsely chopped chives

1. Preheat oven to 425°F. In a shallow dish combine panko, lemon-pepper seasoning, and garlic powder. Place cornstarch in a second shallow dish. Place eggs in a third shallow dish.

2. Place 2 Tbsp. of the oil in a 15×10-inch baking pan. Place pan in oven.

Meanwhile, dip asparagus spears, one at a time, in eggs to moisten. Dip in cornstarch to coat. Dip in eggs again; dip in panko mixture to coat. Place on a tray while coating remaining spears.

3. Transfer all spears to hot pan. Drizzle with remaining oil. Bake 10 minutes or until golden, turning once.

4. Meanwhile, spread cut sides of rolls with mayonnaise. Place on a baking sheet. Broil, spread sides up, 5 minutes or until toasted. Cool slightly.

5. To assemble: Spread buns with half the Lemon Aioli. Arrange prosciutto and asparagus on buns. Top with mint and chives. If desired, serve with remaining Lemon Aioli. **Makes 4 hoagies.**

LEMON AIOLI In a small bowl stir together ½ cup mayonnaise; ½ tsp. lemon zest; 1 Tbsp. lemon juice; 1 clove garlic, very thinly sliced; and ⅛ tsp. salt.

PER SERVING 565 cal., 35 g fat (5 g sat. fat), 62 mg chol., 861 mg sodium, 47 g carb., 4 g fiber, 3 g sugars, 15 g pro.

ASPARAGUS TIPS



PREPPING

Trim off bottom inch or so to remove any tough ends. Note: Many cooks peel the bottom of the asparagus, but this step isn't necessary for taste or texture.



BLANCHING

This technique preserves the green color and texture of all green vegetables. For asparagus: Boil 2 minutes in enough salted water to cover. Drain; transfer to a bowl of ice water until cold to the touch.



SHAVING RIBBONS

Place spear on an upside-down bowl for stability. Using a swivel peeler, gently peel in long strokes away from you. When the spear gets difficult to shave, slice the remainder.

A POTATO FOR EVERY OCCASION

POTATOES ARE SO VERSATILE—ALMOST LIKE THE LITTLE BLACK DRESS THAT GOES CASUAL OR FANCY, DEPENDING ON THE OCCASION. TRY THESE RECIPES FOR WHATEVER POTATO SCENARIO LIFE THROWS AT YOU.

POTATOES IN THE MORNING

BREAKFAST
SANDWICH

BUILD A BREAKFAST SANDWICH

Cook purchased fresh hash browns according to package directions. On a toasted English muffin, layer avocado slices, 1 portion crispy fried hash browns, 1 fried egg, 1 slice cheddar cheese, 2 strips crisp-cooked bacon, and fresh salsa.



**POTATOES ON
A PICNIC**

POTATO AND
GREEN BEAN
SALAD




**POTATO &
GREEN BEAN
SALAD**

Tiny red new potatoes have a lower starch content, making them ideal for salads. Instead of the russet's slightly mealy texture, red new potatoes are creamier and won't absorb as much vinaigrette. (recipe, page 68)



*POTATOES
AT A PARTY*

.....
POTATO
PANCAKES



**POTATOES
UNDER COVER**

**SWEET POTATO
BROWNIES**

**SWEET POTATO
BROWNIES**

Baking these brownies could be a stealth mission. We promise: No one will detect the sweet potato in them. Each brownie has about one-third of your daily vitamin A needs. (recipe, page 68)

◀ **POTATO
PANCAKES**

The key to making the best potato cakes comes down to two things: the type of potato and the moisture content. Use a russet potato for its mealier texture, then squeeze as much moisture from the shredded potatoes as possible. The drier the potatoes, the crispier when fried. (recipe, page 68)

POTATO & GREEN BEAN SALAD

Pictured on page 65.

HANDS-ON TIME 25 minutes

TOTAL TIME 40 minutes

- 1½ lb. tiny red new potatoes, quartered
- 8 oz. fresh green beans, trimmed and cut into 1½-inch pieces
- 2 medium lemons
- ⅓ cup olive oil
- 1 Tbsp. capers, rinsed and drained
- 3 canned anchovy fillets, mashed, or 1 to 2 tsp. anchovy paste
- 1 clove garlic, minced
- ¼ tsp. black pepper
- 2 hard-cooked eggs, cut into four wedges each
- 1 cup grape tomatoes, quartered, or coarsely chopped roma tomatoes
- ⅓ cup green Italian olives, pitted and quartered, or pitted large ripe olives, quartered
- ¼ cup packed basil leaves, thinly sliced

1. In a 4-qt. Dutch oven combine potatoes and enough salted water to cover. Bring to boiling; reduce heat. Simmer, covered, 12 to 15 minutes or until potatoes are tender, adding green beans the last 4 minutes. Drain; cool 1 hour.

2. Meanwhile, for dressing, remove 2 tsp. zest and squeeze 3 Tbsp. juice from lemons. In a screw-top jar combine lemon zest and juice, oil, capers, anchovies, garlic, and pepper. Cover and shake well.

3. In a large bowl combine potato mixture and half of the dressing; toss to coat. Add eggs, tomatoes, olives, basil, and remaining dressing; toss gently to coat. Season to taste with salt. If desired, top with additional basil and pepper.

Makes 8 servings.

PER SERVING 186 cal., 12 g fat (2 g sat. fat), 48 mg chol., 289 mg sodium, 17 g carb., 3 g fiber, 3 g sugars, 4 g pro.

POTATO PANCAKES WITH WHITE CHEDDAR & GREEN CHILES

Pictured on page 66.

START TO FINISH 35 minutes

- 1 8-oz. carton sour cream
- 1 Tbsp. finely chopped shallot
- 1 Tbsp. lime juice
- 1 tsp. finely chopped fresh cilantro
- ½ tsp. ground cumin
- 2 eggs, lightly beaten

- ¼ cup all-purpose flour
- ¼ tsp. salt
- ⅓ tsp. black pepper
- 1 cup shredded sharp white cheddar cheese (4 oz.)
- 1 4-oz. can diced green chile peppers, drained
- 1 lb. russet potatoes
- 1 small yellow onion
- ¼ cup canola oil
- Sliced serrano chile peppers* (tip, p. 39) (optional)

1. For topping, in a small bowl combine first five ingredients (through cumin). Cover and chill until ready to serve.

2. In a medium bowl combine eggs, flour, salt, and black pepper. Stir in cheese and canned chile peppers.

3. Peel potatoes. Using a handheld grater or a food processor, coarsely shred potatoes. Press shredded potatoes between paper towels to remove excess moisture. Coarsely shred onion; press between paper towels. Stir shredded potatoes and onion into egg mixture.

4. In a 10-inch nonstick heavy skillet heat 2 Tbsp. of the oil over medium-high heat. Drop potato mixture by level tablespoon into hot oil; spread if needed. Cook 4 minutes or until edges are golden, turning once. Remove from skillet; cover and keep warm. Repeat with remaining 2 Tbsp. oil and potato mixture. Serve warm with topping. If desired, sprinkle with serrano peppers and additional cilantro. **Makes 15 servings.**

PER SERVING 133 cal., 10 g fat (4 g sat. fat), 41 mg chol., 146 mg sodium, 8 g carb., 1 g fiber, 1 g sugars, 4 g pro.

SWEET POTATO BROWNIES

Pictured on page 67.

HANDS-ON TIME 20 minutes

TOTAL TIME 45 minutes

- ½ cup granulated sugar
- ⅓ cup all-purpose flour
- ⅓ cup unsweetened cocoa powder
- 1½ tsp. baking soda
- ⅛ tsp. salt
- 1 cup almond butter
- ¾ cup mashed cooked sweet potato*
- ¼ cup honey
- 1 tsp. vanilla
- 3 oz. bittersweet chocolate, finely chopped
- Powdered sugar (optional)

1. Preheat oven to 325°F. Line an 8-inch square baking pan with parchment paper. In a medium bowl stir together first five ingredients (through salt).

2. In a large bowl combine next four ingredients (through vanilla). Stir in flour mixture just until combined. Stir in chocolate. Spread batter into prepared baking pan.

3. Bake 25 to 30 minutes or until top is puffed and appears dry. Cool in pan. If desired, dust with powdered sugar and additional cocoa powder. **Makes 16 servings.**

***TIP** Peel one 8-oz. sweet potato; cut into 2-inch pieces. Place sweet potato in a steamer basket in a saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 18 minutes or until tender. Mash sweet potato; measure ¾ cup.

PER SERVING 190 cal., 11 g fat (2 g sat. fat), 0 mg chol., 181 mg sodium, 22 g carb., 3 g fiber, 14 g sugars, 5 g pro.

CHEESY GARLIC POTATO GRATIN

HANDS-ON TIME 25 minutes

TOTAL TIME 2 hours 5 minutes

- 1½ lb. medium Yukon gold or other yellow-flesh potatoes, thinly sliced
- ⅓ cup sliced green onions or thinly sliced leek
- 2 cloves garlic, minced
- 1 tsp. salt
- ¼ tsp. black pepper
- 1½ cups shredded Gruyère or Swiss cheese
- 1 cup heavy cream

1. Preheat oven to 350°F. Grease a 2-qt. square baking dish. Layer half of the potatoes and half of the green onions in prepared baking dish. Sprinkle with half of the garlic, salt, and pepper. Sprinkle with half of the cheese. Repeat layers. Pour cream over mixture in dish.

2. Bake, covered, 70 minutes. Bake, uncovered, 20 to 30 minutes more or until potatoes are tender and top is golden. Let stand 10 minutes before serving. If desired, sprinkle with additional green onions. **Makes 6 servings.**

PER SERVING 354 cal., 24 g fat (15 g sat. fat), 85 mg chol., 474 mg sodium, 23 g carb., 3 g fiber, 2 g sugars, 12 g pro.

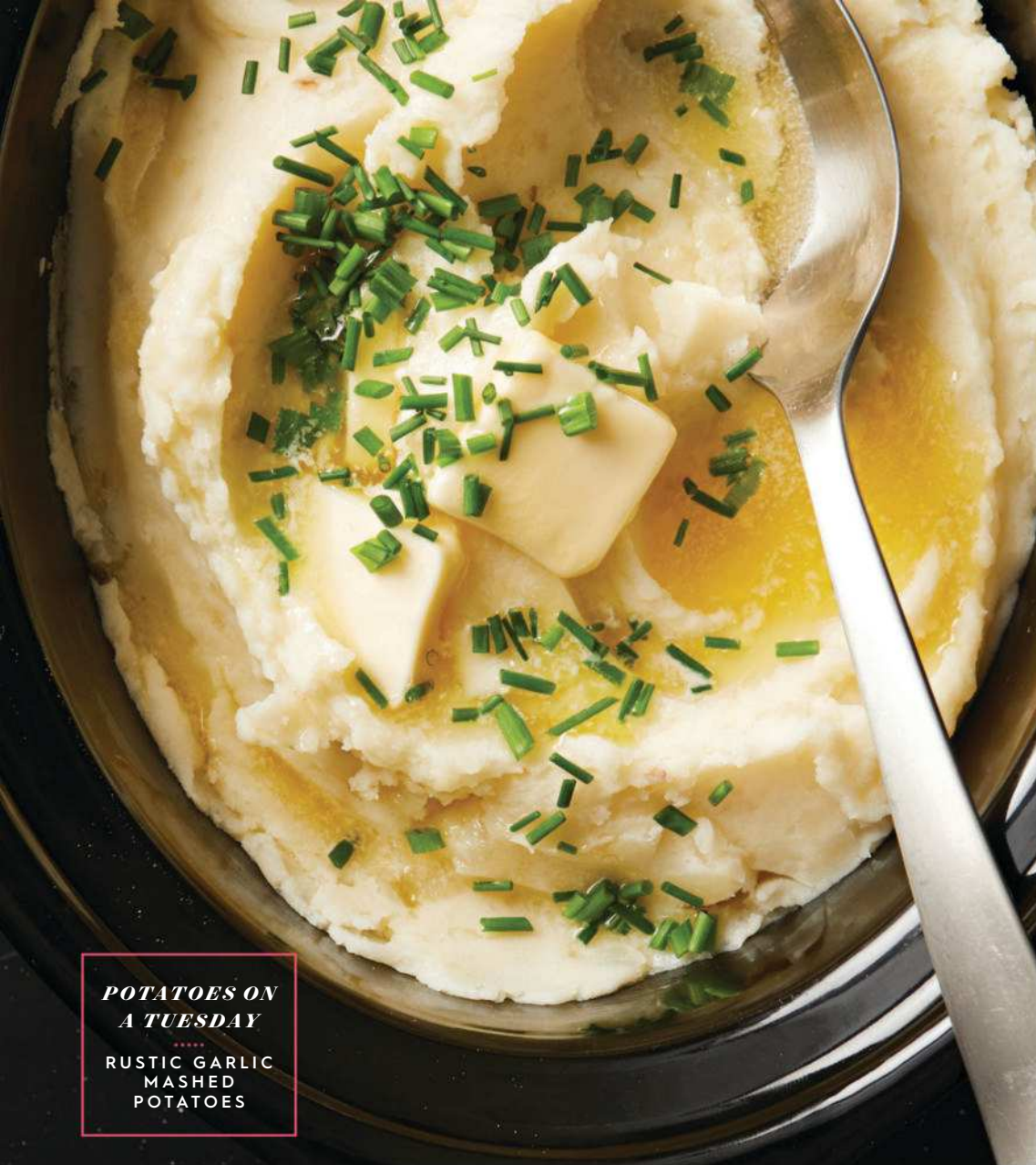


*POTATOES ON
A HOLIDAY*

**CHEESY GARLIC
POTATO GRATIN**

**CHEESY GARLIC
POTATO GRATIN**

We love a gratin all year long, but their popularity escalates at holiday time. That's when you want to trot out a recipe even the pickiest eaters will love. Consider substituting half of the Yukon Gold potatoes with sweet potatoes for a two-tone gratin.



**POTATOES ON
A TUESDAY**

**RUSTIC GARLIC
MASHED
POTATOES**

**RUSTIC GARLIC
MASHED POTATOES**

HANDS-ON TIME 25 minutes

SLOW COOK 3 hours (slow cook on high)

- 3** lb. potatoes, peeled and cut into 2-inch pieces
- 1** bay leaf
- 4** cloves garlic, halved
- 2** 14.5-oz. cans chicken broth
- 1** cup whole milk
- ¼** cup butter
- 1** tsp. salt
- Fresh chives (optional)**

1. In a 3 ½- or 4-qt. slow cooker combine potatoes, bay leaf, and garlic. Pour broth over mixture in cooker. Cover and cook on low 6 to 8 hours or high 3 to 4 hours.

2. Drain potatoes in a colander set over a bowl to catch cooking liquid; reserve

liquid. Discard bay leaf. Return potatoes to cooker; mash potatoes.

3. In a small saucepan heat milk and butter until milk is steaming and butter is nearly melted. Stir milk mixture, salt, and enough of the reserved cooking liquid into mashed potatoes to reach desired consistency.

4. Transfer to a serving bowl. If desired, top with additional butter and sprinkle with *black pepper* and chives. **Makes 12 servings.**

TO MAKE AHEAD Prepare as directed through Step 3, reserving the remaining cooking liquid. Cover potatoes and keep warm on warm or low up to 2 hours. If potatoes thicken, stir in enough of the remaining cooking liquid to reach desired consistency. Serve as directed.

PER SERVING 119 cal., 5 g fat (3 g sat. fat), 12 mg chol., 544 mg sodium, 17 g carb., 2 g fiber, 2 g sugars, 3 g pro.

**BAKED SWEET POTATO
CHIPS**

HANDS-ON TIME 20 minutes

TOTAL TIME 50 minutes

- 2** medium sweet potatoes (1 lb.)
- 3** Tbsp. olive oil
- 1** tsp. kosher salt

1. Preheat oven to 375°F. Use a mandoline to thinly slice sweet potatoes. In a large bowl toss potato slices with oil, salt, and ¼ tsp. pepper. Coat a wire rack with *nonstick cooking spray*. Place rack in a shallow baking pan; arrange half of the potato slices on rack.

2. Bake 30 minutes until tender in centers, crispy at edges. Repeat with remaining potatoes. **Makes 4 servings.**

PER SERVING 189 cal., 10 g fat (1 g sat. fat), 0 mg chol., 343 mg sodium, 23 g carb., 3 g fiber, 5 g sugars, 2 g pro.

▶ **SWEET POTATO
CHIPS**

It's a culinary challenge to get sweet potatoes to the crispy stage due to their high sugar and moisture content. Our Test Kitchen was happy with the results—crispy edges and slightly tender centers—and also the healthful nutrient profile.

◀ **SLOW COOKER
MASHED
POTATOES**

Yes, we know mashed potatoes are not hard to make. But having the option of putting them into a slow cooker and nearly forgetting about them while they cook to smashable? Priceless!



*POTATOES ON
THE COUCH*
.....
BAKED SWEET
POTATO CHIPS



CORN: *off the cob*



**HAM + CORN
QUICHE CUPS**

Breakfast, brunch, lunch, dinner. These savory personal-size quiches fit into any meal. If more than six people are at your table, double the recipe. Finish the meal with a fruit salad and toasty bread. (recipe, page 77)

Let's face it: Corn on the cob is a perfect vehicle for salt and butter. And while we love that, we think corn OFF the cob is even more exciting. Toss sweet succulent kernels into these six recipes that take corn out of its comfort zone.



CHOPPED
SALAD
TACOS

CORN MATH: KERNELS FROM 1 COB = ½ CUP



DIY CRÈME FRAÎCHE

In a small bowl stir together ¼ cup heavy cream (not ultrapasteurized) and ¼ cup sour cream. Cover with plastic wrap. Let stand at room temperature 2 to 5 hours or until mixture thickens. When thickened, cover and chill.

CORNMEAL GRIDDLE CAKES

HANDS-ON TIME 30 minutes
TOTAL TIME 20 minutes

- 4 ears of corn, husks and silks removed, or one 10-oz. pkg. frozen whole kernel corn, thawed
- 4 slices bacon
- ½ cup chopped onion
- 1 egg, lightly beaten
- 1 cup buttermilk or sour milk*
- 1 Tbsp. chopped fresh chives
- ¾ cup all-purpose flour
- ½ cup yellow cornmeal
- 1 Tbsp. sugar
- 1½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- Crème fraîche or sour cream

1. Cut corn kernels from cobs. In a 12-inch skillet cook bacon over medium heat until crisp. Drain on paper towels, reserving drippings in skillet. Finely crumble bacon.
2. Add corn and onion to reserved drippings; cook over medium heat

5 minutes or until tender, stirring occasionally. Cool slightly. Place half of the mixture in a food processor or blender. Cover and process until nearly smooth. Transfer to a medium bowl. Stir in egg, buttermilk, and chives.

3. In a large bowl stir together next six ingredients (through salt). Add buttermilk mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy). Stir in remaining corn mixture and bacon. Let stand 5 minutes.

4. For each griddle cake, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. Spread batter, if needed. Cook over medium heat 2 minutes on each side or until golden; turn when surface is bubbly and edges are slightly dry.

5. Serve griddle cakes warm with crème fraîche and, if desired, additional chives.

Makes 6 servings.

***TIP** To make 1 cup sour milk, place 1 Tbsp. lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1 cup total liquid; stir. Let stand 5 minutes.

PER SERVING 389 cal., 22 g fat (10 g sat. fat), 81 mg chol., 492 mg sodium, 39 g carb., 2 g fiber, 7 g sugars, 10 g pro.

CHOPPED SALAD TACO

START TO FINISH 20 minutes

- 2 ears of corn, husks and silks removed
- 1 15-oz. can pinto beans, rinsed and drained
- 1 cup chopped zucchini
- 8 6-inch flour tortillas
- 1 8-oz. container refrigerated guacamole
- ½ cup salsa

1. Cut corn kernels from cobs. In a medium bowl combine corn, beans, and zucchini.
2. Spread tortillas with guacamole. Top with vegetable mixture and salsa. Fold in half to serve. **Makes 4 servings.**
PER SERVING 440 cal., 16 g fat (3 g sat. fat), 0 mg chol., 1,049 mg sodium, 60 g carb., 9 g fiber, 7 g sugars, 15 g pro.

SUCCOTASH SALAD

This twist on a traditional succotash salad borrows some inspiration from the California Cobb Salad and the BLT. We think the smash up is a perfect summer meal. Arrange everything on a platter to make it a little more special.





SUCCOTASH SALAD WITH BUTTERMILK-AVOCADO DRESSING

HANDS-ON TIME 25 minutes
TOTAL TIME 43 minutes

- 2 ears of corn, husks and silks removed*
- 1 cup fresh lima beans*
- $\frac{3}{4}$ cup buttermilk
- $\frac{1}{2}$ of an avocado, peeled
- 1 Tbsp. chopped fresh Italian parsley
- 1 small clove garlic, minced
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. onion powder
- $\frac{1}{4}$ tsp. dry mustard
- $\frac{1}{4}$ tsp. black pepper
- 1 large head butterhead (Boston or Bibb) lettuce, torn
- 2 cups sliced grilled chicken breast**
- $\frac{1}{2}$ cup finely chopped red onion
- $\frac{1}{2}$ cup crumbled blue or feta cheese
- 6 slices bacon, crisp-cooked and crumbled

1. Cut corn kernels from cobs. In a small saucepan cook lima beans in boiling, lightly salted water 15 minutes or until tender. Remove with a slotted spoon. Add corn to water in saucepan. Cook 3 minutes or until tender; drain.

2. For dressing, in a blender combine next eight ingredients (through pepper). Cover and blend until smooth.

3. Line a large platter with lettuce. Arrange corn, lima beans, chicken, onion, cheese, and bacon in rows on lettuce. Serve with dressing. **Makes 4 servings.**

***TIP** Or use 1 cup each frozen whole kernel corn and frozen lima beans, cooked according to package directions.

****TO GRILL CHICKEN** Lightly season 12 oz. skinless, boneless chicken breast halves with salt and black pepper. Grill chicken, covered, over medium heat 12 to 15 minutes or until done (165°F), turning once.

PER SERVING 375 cal., 15 g fat (6 g sat. fat), 87 mg chol., 692 mg sodium, 24 g carb., 5 g fiber, 7 g sugars, 36 g pro.

HAM & CORN QUICHE CUPS

Pictured on page 73.

HANDS-ON TIME 15 minutes
TOTAL TIME 35 minutes

- 2 ears of corn (with husks)
- Nonstick cooking spray
- 12 thin slices deli ham
- $\frac{2}{3}$ cup loosely packed chopped fresh spinach
- $\frac{1}{2}$ cup shredded cheddar cheese (2 oz.)
- 6 eggs, lightly beaten
- $\frac{1}{4}$ tsp. salt
- Freshly ground black pepper

1. Preheat oven to 350°F. Microwave corn with husks intact 2 minutes; cool slightly. Holding cob's silk end with a pot holder, cut off stem end. Remove husks and silks. Cut kernels from cobs.

2. Coat twelve $2\frac{1}{2}$ -inch muffin cups with cooking spray. Line prepared muffin cups with ham slices. Divide spinach, cheese, and corn among cups.

3. In a medium bowl combine eggs, salt, and pepper; pour into muffin cups. Bake 14 to 18 minutes or until set. Cool in muffin cups on a wire rack 5 minutes. Remove from muffin cups. Serve warm. **Makes 6 servings.**

PER SERVING 80 cal., 4 g fat (2 g sat. fat), 103 mg chol., 235 mg sodium, 4 g carb., 1 g fiber, 2 g sugars, 7 g pro.

SUCCOTASH SALAD

Corn and shell beans (lima beans are most commonly used) together define succotash. Without the duo, you have just another mixed-veggie side dish. Fresh shell beans are available late summer to early fall. Out of season, cook the dried bean version or substitute frozen beans.



BACON-CORN-TOMATO SALAD

This simple salad is the best of summer in a bowl—fresh tomatoes, herbs, and corn lightly dressed with a vinaigrette. The herb is parsley, but snip any fresh herb you might have growing—oregano, basil, thyme, and/or rosemary.



CHEESE AND VEGGIE ENCHILADAS

BACON-CORN-TOMATO SALAD

HANDS-ON TIME 25 minutes

TOTAL TIME 35 minutes

- 4 ears of corn, husks and silks removed
- 3 Tbsp. olive oil
- 1 cup cherry tomatoes, halved
- ¼ cup finely chopped red onion
- ¼ cup chopped fresh parsley or oregano
- 2 Tbsp. cider vinegar
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 4 slices bacon, crisp-cooked and crumbled

1. Brush corn with 1 Tbsp. of the oil. Grill corn, covered, over medium-high heat 10 to 15 minutes or until browned, turning frequently. Cut kernels from cobs.

2. In a large bowl combine corn, remaining 2 Tbsp. oil, tomatoes, onion, parsley, vinegar, salt, and pepper. Top with bacon. **Makes 6 servings.**

PER SERVING 147 cal., 10 g fat (2 g sat. fat), 5 mg chol., 297 mg sodium, 14 g carb., 2 g fiber, 5 g sugars, 4 g pro.

CHEESE & VEGGIE ENCHILADAS

Edamame is the Japanese name for green soy beans. Although they look similar to lima beans, their texture is firmer and less beanlike. Buy them fresh or frozen.

HANDS-ON TIME 20 minutes

TOTAL TIME 55 minutes

- 1 cup frozen edamame, thawed, or canned black or pinto beans, rinsed and drained
- 1 cup frozen whole kernel corn, thawed
- 2 tsp. fajita seasoning
- 2 cups shredded Monterey Jack cheese (8 oz.)

- 10 7- to 8-inch whole wheat flour tortillas
- 1 15-oz. can tomato sauce
- 1 14.5-oz. can fire-roasted or regular diced tomatoes, undrained
- 1½ to 2 tsp. chili powder
- Chopped fresh cilantro

1. Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with *nonstick cooking spray*. In a medium bowl combine edamame, corn, and fajita seasoning. Stir in 1½ cups of the cheese. Spoon about ⅓ cup of the mixture onto

each tortilla; roll up. Place, seam sides down, in prepared baking dish.

2. In a medium bowl combine tomato sauce, tomatoes, and chili powder; pour over filled tortillas.

3. Bake, covered, 20 minutes. Bake, uncovered, 15 to 20 minutes more or until heated through, sprinkling with remaining ½ cup cheese the last 5 minutes. Sprinkle with cilantro and, if desired, additional chili powder. **Makes 10 servings.**

PER SERVING 269 cal., 11 g fat (5 g sat. fat), 20 mg chol., 759 mg sodium, 32 g carb., 5 g fiber, 6 g sugars, 13 g pro.



PEPPERS:

SWEET & NOT

IF YOU'RE AN ADVENTUROUS PEPPER-EATER, DIVE IN AND ENJOY THIS RECIPE SET. IF YOU'RE A TIMID NIBBLER, OUR PEPPER PRIMER MAY EMBOLDEN YOU.

MOROCCAN CHICKEN &
PEPPERS (RECIPE, PAGE 84)



Chopped or sliced. Roasted or blended into soups, dips, and sauces. Sweet peppers are the most versatile in the pepper lineup. Though all varieties start out green and sweeten as they mature, only some ripen to red, yellow, or orange.





CHILE-LIME
HALIBUT
WITH CORN
SAUTÉ



Originating from New Mexico, this sweet, mild chile was named when farmer Emilia Ortega brought the seeds from New Mexico to Anaheim, California. You'll recognize these as *the* chile in canned green chiles.

CHILE-LIME HALIBUT WITH CORN SAUTÉ

START TO FINISH 30 minutes

- 4 4- to 5-oz. fresh or frozen skinless halibut, sole, or cod fillets
- 1 Tbsp. lime juice
- 1 tsp. ground ancho chile pepper or chili powder
- ¼ tsp. salt
- 3 tsp. canola oil
- 2⅔ cups frozen whole kernel corn, thawed
- ¼ cup finely chopped red onion
- 2 tsp. finely chopped, seeded fresh jalapeño chile pepper*
- 1 clove garlic, minced
- 1 Tbsp. chopped fresh cilantro
- Lime wedges (optional)

1. Thaw fish, if frozen. Rinse fish; pat dry. Measure thickness of fish. In a small bowl combine lime juice, ground ancho pepper, and salt. Brush both sides of fish with lime mixture.

2. In a 10-inch nonstick skillet heat 2 tsp. oil over medium-high heat. Add fish; cook 4 to 6 minutes per ½-inch thickness or until fish flakes easily, turning once. Remove fish from skillet; cover and keep warm.

3. In same skillet heat remaining 1 tsp. oil over medium-high heat. Add corn, onion, jalapeño pepper, and garlic. Cook 2 minutes or until vegetables are just starting to soften, stirring occasionally. Remove from heat. Stir in cilantro.

4. Serve fish with corn mixture and, if desired, lime wedges. **MAKES 4 SERVINGS.**

***TIP** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

PER SERVING 288 cal, 13 g fat (2 g sat. fat), 53 mg chol, 216 mg sodium, 25 g carb., 3 g fiber, 3 g sugars, 21 g pro

CHEESY CHICKEN-CHILE QUESADILLAS

START TO FINISH 45 minutes

- 1 8- to 10-oz. skinless, boneless chicken breast half
- 2 tsp. ground cumin
- 1 tsp. salt
- ½ tsp. black pepper



- ¼ tsp. cayenne pepper
 - 2 fresh Anaheim or poblano chile peppers (tip, left)
 - ¾ cup shredded cheddar cheese (3 oz.)
 - ¾ cup shredded Monterey Jack cheese (3 oz.)
 - 6 8-inch flour tortillas
- Fresh salsa**

1. Place chicken between two pieces of plastic wrap. Using the flat side of a meat mallet, gently pound chicken to ½ inch thick. For rub, in a small bowl stir together cumin, salt, black pepper, and cayenne pepper. Rub into chicken breast.

2. Prepare grill for direct grilling. Grill chile peppers, uncovered, over medium heat 15 minutes or until charred, turning occasionally. Remove from grill and wrap

in foil. Grill chicken, covered, 8 to 11 minutes or until done (165°F), turning once.

3. Halve chile peppers lengthwise; remove stems and seeds. Peel off and discard skins. Cut peppers into 1-inch strips. Cut chicken into 1-inch pieces.

4. In a large bowl combine chile pepper strips, chicken, and both cheeses. Spoon chicken mixture onto one half of each tortilla. Fold tortilla in half; press firmly. Grill quesadillas, uncovered, over medium heat 4 minutes or until heated through and light brown, turning once. Serve with fresh salsa. **MAKES 6 SERVINGS.**

PER SERVING 328 cal, 13 g fat (6 g sat. fat), 55 mg chol, 834 mg sodium, 29 g carb., 0 g fiber, 0 g sugars, 23 g pro.



HERB CHEESE-STUFFED MINI PEPPERS

So sweet and nearly seedless, these little guys are perfect for stuffing. For a super-simple make-ahead appetizer, halve 10 mini **sweet peppers** lengthwise; remove seeds. In a small bowl stir together 8-oz. softened **cream cheese**, 1 to 2 Tbsp. snipped **fresh herbs**, such as oregano, tarragon, thyme, or rosemary, 1 Tbsp. **lemon juice**, and 1 Tbsp. **milk**. If necessary, stir in enough additional milk to reach piping consistency. Pipe or spoon cream cheese mixture into pepper halves. Sprinkle with **lemon zest** and, if desired, **oregano leaves**.

GRILLED POBLANO CHILE BURGERS

HANDS-ON TIME 25 minutes
TOTAL TIME 74 minutes

- 2 fresh poblano or Anaheim chile peppers (tip, p. 83)
- 1 egg, lightly beaten
- $\frac{3}{4}$ cup soft bread crumbs
- $\frac{1}{2}$ cup shredded carrot
- 2 Tbsp. water
- 1 clove garlic, minced
- 1 tsp. dried oregano, crushed
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- 1 lb. lean ground beef
- 4 kaiser rolls, split and toasted
- 4 slices red and/or orange tomato
- Refrigerated guacamole (optional)

1. Preheat oven to 425°F. Halve chile peppers lengthwise; remove stems, seeds, and membranes. Place pepper halves, cut sides down, on a foil-lined baking sheet. Roast 20 to 25 minutes or until

charred and very tender. Fold foil to enclose peppers. Let stand 15 minutes or until cool enough to handle. Peel off and discard skins. Chop peppers.

2. In a large bowl combine next eight ingredients (through black pepper); stir in roasted peppers. Mix in ground beef. Shape into four $\frac{3}{4}$ -inch-thick patties.

3. Grill patties, covered, over medium heat 14 to 18 minutes or until done (160°F), turning once.

4. Fill rolls with burgers and tomato slices. If desired, serve with guacamole. **MAKES 4 BURGERS.**

PER BURGER 478 cal., 21 g fat (7 g sat. fat), 130 mg chol., 751 mg sodium, 41 g carb., 2 g fiber, 3 g sugars, 31 g pro.

MOROCCAN CHICKEN AND PEPPERS

Pictured on page 81.

START TO FINISH 45 minutes

- 1 to 2 dried small red chile peppers, such as chile de árbol (tip, p. 83)
- 1 tsp. coriander seeds
- 1 tsp. cumin seeds
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. ground cinnamon
- 8 skinless, boneless chicken thighs
- 2 Tbsp. olive oil
- 6 cups coarsely chopped red, orange, and/or yellow sweet peppers
- Harissa paste (optional)*

1. Tear dried chile peppers into pieces. Using a spice grinder or a mortar and pestle, grind dried peppers, coriander seeds, and cumin seeds; stir in salt and cinnamon. Sprinkle mixture over chicken.

2. In a 12-inch skillet heat oil over medium-high heat 1 to 2 minutes. Add chicken; cook 15 to 17 minutes or until done (170°F), turning once. Transfer to a platter; cover and keep warm. Add sweet peppers to skillet. Cook 6 to 8 minutes or until light brown, stirring occasionally. Add to platter with chicken. If desired, serve with lemon slices and harissa paste.

MAKES 4 SERVINGS.

***TIP** Harissa paste is a blend of hot chiles, herbs, and spices from Morocco/Tunisia. Look for it in the ethnic section of large grocers.

PER SERVING 443 cal., 19 g fat (4 g sat. fat), 266 mg chol., 569 mg sodium, 7 g carb., 3 g fiber, 4 g sugars, 57 g pro.



GRILLED
POBLANO
CHILE
BURGERS



Young, green poblanos (which originate from Puebla, Mexico) have a mild flavor. However, their mature red color indicates an intense heat. Ancho chile powder is made from dried ground poblanos.



Once jalapeños have ripened past their mature red state, they are smoked, dried, and packed in a potent smoky paprikay-tomatoey adobo sauce.

CHIPOTLE CHICKEN-AVOCADO LETTUCE WRAPS

HANDS-ON TIME 20 minutes

TOTAL TIME 3 hours 20 minutes (slow cook on high)

- 2 lb. skinless, boneless chicken thighs
- $\frac{3}{4}$ cup light lime vinaigrette salad dressing
- 1 to 2 canned chipotle peppers in adobo sauce, finely chopped
- 16 butterhead or Bibb lettuce leaves (about 2 heads)
- 2 avocados, halved, seeded, peeled, and sliced
- Lime wedges (optional)

1. Place chicken in a $\frac{3}{2}$ - or 4-qt. slow cooker. Add salad dressing and chipotle peppers. Cover; cook on low 6 to 7 hours or high 3 to $3\frac{1}{2}$ hours.

2. Remove chicken from cooker. Shred chicken using two forks. Skim fat from cooking liquid; return chicken to cooking liquid in cooker.

3. Using a slotted spoon, spoon chicken onto lettuce. Top with avocados and, if desired, serve with lime wedges. **MAKES 8 SERVINGS.**

PER SERVING 241 cal, 14 g fat (3 g sat. fat), 107 mg chol, 370 mg sodium, 6 g carb., 2 g fiber, 3 g sugars, 23 g pro.

JALAPEÑO STEAK SANDWICHES

HANDS-ON TIME 25 minutes

TOTAL TIME 5 hours (includes 4 hours marinating time)

- $1\frac{1}{4}$ to $1\frac{1}{2}$ lb. beef flank steak, trimmed
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup lime juice
- 3 Tbsp. Dijon-style mustard

- 3 fresh jalapeño chile peppers, finely chopped (tip, p. 83)
- 3 cloves garlic, minced
- 1 tsp. kosher salt
- 12 slices Texas toast or other thick-cut white bread, toasted*
- $\frac{1}{2}$ cup chipotle mayonnaise or $\frac{1}{2}$ cup mayonnaise plus 1 tsp. chili powder
- 1 medium red onion, quartered and thinly sliced
- 1 cup queso fresco, crumbled (4 oz.)
- Fresh cilantro sprigs
- Lime wedges

1. Score both sides of meat in a diamond pattern. Place meat in a resealable plastic bag set in a shallow dish.

2. For marinade, in a small bowl whisk together oil, lime juice, mustard, jalapeño peppers, garlic, and salt. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in refrigerator 4 to 24 hours.

3. Drain meat, discarding marinade. Heat a large nonstick or well-seasoned grill pan over medium heat. Add meat; cook 14 to 16 minutes or until medium (160°F), turning once. Thinly slice meat diagonally across the grain.

4. Spread toasted bread slices with mayonnaise. Layer meat, onion, cheese, and cilantro between bread slices. Serve with lime wedges. **MAKES 6 SANDWICHES.**

***TIP** To toast bread in a grill pan or on an uncovered tabletop grill, place bread in pan or on grill rack and allow 2 to 4 minutes, turning once.

PER SANDWICH 560 cal, 28 g fat (6 g sat. fat), 158 mg chol, 965 mg sodium, 46 g carb., 0 g fiber, 9 g sugars, 36 g pro.

JALAPEÑO STEAK SANDWICHES



This popular pepper has a podlike shape and spice level ranging from mild to beyond moderate. If you want to dial up the heat on a relatively mild jalapeño, leave the seeds intact. Hot-hot mature ones star in sriracha sauce.



cauliflower **RICED**

If cauliflower is on your no-way list, we encourage you to try it riced. When crumbled to a fraction of its original size and tumbled with different flavorings, the veggie is delicious enough to overcome the strongest objections.



**SPICY SHRIMP
FRIED
CAULIFLOWER
RICE**

When you swap out cooked white rice for cauliflower rice in this stir-fry, you save 140 calories and gain an excellent source of vitamin C. (recipe, page 91)



**CAULIFLOWER-
POTATO PIZZA**

You'll make this pizza again. Not because it is lower in carbs than regular pizza, but because you love it.

CRUST

how-to



SQUEEZE!

After microwaving the cauliflower, transfer it to a flour-sack cloth or double layers of cheesecloth, then squeeze out as much liquid as possible. Don't skip this step!



PAPER TRANSFER

Pat cauliflower crust mixture onto parchment paper to make the transfer from baking pan to stone easier. If you don't have a stone, leave crust on the paper-lined baking sheet to bake.

CAULIFLOWER-POTATO PIZZA WITH CAULIFLOWER CRUST

HANDS-ON TIME 25 minutes

TOTAL TIME 1 hour 20 minutes

- 1 **2¼- to 2½-lb. head cauliflower, trimmed and cut into small florets (5 cups)**
- 1 **egg**
- ¼ **cup finely shredded Italian cheese blend**
- ¼ **cup grated Parmesan cheese**
- ¼ **cup panko**
- ½ **tsp. dried Italian seasoning, crushed**
- ¼ **tsp. salt**
- 2 **small Yukon gold potatoes, thinly sliced (1 cup)**
- 2 **Tbsp. extra virgin olive oil**
- 1 **Tbsp. chopped fresh rosemary**

1. Place 4 cups cauliflower in a food processor; cover and pulse until crumbly and mixture resembles couscous.

2. Place a pizza stone or baking sheet in the oven. Preheat oven to 400°F. Place processed cauliflower in a 2-qt. microwave-safe bowl or casserole dish with 2 Tbsp. *water*. Microwave, covered, on 100% power (high) 4 minutes or until tender, stirring once or twice. Cool.

Transfer cauliflower to a 100% cotton flour-sack towel. Wrap towel around cauliflower and squeeze until there is no more liquid (see photo, above).

3. In a medium bowl stir together cooked and drained cauliflower, egg, cheeses,

panko, Italian seasoning, and salt. On a piece of parchment paper pat cauliflower mixture into a 12-inch circle. Using a baking sheet, transfer crust on paper to preheated pizza stone. Bake 20 minutes or until starting to brown.

4. Meanwhile, in a large bowl, toss together the potatoes, remaining 1 cup cauliflower, the olive oil, and rosemary. Using a baking sheet, remove crust from oven. Spread potato mixture evenly over crust. Slide crust on the paper back onto the pizza stone and bake 25 minutes more or until potatoes are tender and crust is crisp and golden brown around edges. If desired top with additional Parmesan, olive oil, rosemary, and salt.

MAKES 4 SERVINGS.

TIP You can also top this crust with any of your favorite pizza toppings. After baking 20 minutes, add a light layer of sauce and toppings. Bake 25 minutes more.

PER SERVING 185 cal, 11 g fat (3 g sat. fat), 56 mg chol., 362 mg sodium, 14 g carb., 3 g fiber, 3 g sugars, 8 g pro.

SPICY SHRIMP FRIED CAULIFLOWER RICE

Pictured on page 89.

START TO FINISH 30 minutes

- 8 **oz. fresh or frozen medium shrimp in shells, peeled and deveined**
- 1 **1¼- to 2-lb. head cauliflower, broken into florets (4½ cups)**
- 1 **tsp. toasted sesame oil**
- 2 **eggs, lightly beaten**

- 1 **Tbsp. olive oil**
- 4 **tsp. grated fresh ginger**
- 4 **cloves garlic, minced**
- 2 **cups coarsely chopped napa cabbage**
- 1 **cup coarsely shredded carrot**
- ½ **tsp. sea salt**
- ½ **tsp. crushed red pepper**
- ⅓ **cup sliced green onion**
- 2 **Tbsp. snipped fresh cilantro**
- Lime wedges**

1. Thaw shrimp, if frozen. Rinse shrimp; pat dry. Working in batches, place cauliflower in a food processor; cover and pulse until rice-size pieces.

2. In an extra-large wok or skillet heat sesame oil over medium heat. Add beaten eggs; tilt skillet to spread eggs in an even layer. Cook 30 seconds without stirring. Turn egg round over; cook 30 to 60 seconds more until set. Remove egg; cool slightly. Cut into strips.

3. Heat olive oil over medium-high heat. Add ginger and garlic; cook and stir 30 seconds. Add cabbage and carrot; cook and stir 2 minutes or until vegetables start to soften. Add cauliflower; cook and stir 4 minutes or until cauliflower starts to soften. Add shrimp, salt, and crushed red pepper; cook and stir 2 minutes or until shrimp are opaque. Add egg strips and green onion; heat through. Top with cilantro. Serve with lime wedges. **MAKES 4 SERVINGS.**

PER SERVING 181 cal, 8 g fat (2 g sat. fat), 172 mg chol., 434 mg sodium, 14 g carb., 5 g fiber, 5 g sugars, 17 g pro.

COLOR NOTES: The colorful varieties of cauliflower are more readily available than ever, and each has its own nutritional benefits. While all shades are ample sources of vitamin C, orange has a high amount of beta-carotene, purple is rich in antioxidants, and green has extra vitamin A.

**CHICKEN
ALFREDO
CAULIFLOWER
RICE BAKE**

Purchased rotisserie chicken and Alfredo sauce make this a super-simple stir-together. If you use pre-riced cauliflower, it's a no-brainer for any weeknight dinner. (recipe, page 95)





**CAULIFLOWER
TABBOULEH**

Riced cauliflower stands in for bulgur in this version of tabbouleh, a Mediterranean salad made with tomatoes, cucumber, fresh herbs, and lemon. (recipe, page 95)



ASIAN ORANGE
CHICKEN
THIGHS WITH
CAULIFLOWER
RICE



CAULIFLOWER MATH:

ONE HEAD (1½ LB.) CAULIFLOWER, RICED = ABOUT 5 CUPS

ONE 12-OZ. PACKAGE FROZEN RICED CAULIFLOWER = 4 CUPS

ONE 10-OZ. PACKAGE FROZEN RICED CAULIFLOWER = 3¼ CUPS

ASIAN ORANGE CHICKEN THIGHS WITH CAULIFLOWER RICE

HANDS-ON TIME 25 minutes

TOTAL TIME 1 hour 13 minutes

- 2 Tbsp. sesame oil (not toasted)
- 4 large bone-in chicken thighs (about 2¼ lb. total), skin removed
- 1 Tbsp. reduced-sodium soy sauce
- 1 orange (1 tsp. zest; 1 Tbsp. juice)
- 1 Tbsp. rice vinegar
- 1 Tbsp. packed brown sugar
- ¼ tsp. crushed red pepper
- 1 tsp. cornstarch
- 4 cups coarsely chopped cauliflower florets
- ½ tsp. kosher salt
- ⅙ tsp. ground black pepper
- Snipped fresh cilantro (optional)

1. Preheat oven to 375°F. Coat a 2-qt. square baking dish with *nonstick cooking spray*. In an extra-large nonstick skillet heat 1 Tbsp. sesame oil over medium-high heat. Add chicken to hot oil; cook about 10 minutes, turning to brown evenly. Arrange chicken in a single layer in prepared dish. Discard drippings from skillet.
2. In a small bowl whisk together soy sauce, orange zest and juice, vinegar, brown sugar, crushed red pepper, 2 Tbsp. cold *water*, and the cornstarch; add to the skillet. Cook and stir until thickened and bubbly; pour sauce over chicken thighs in dish. Wipe out skillet.
3. Bake, uncovered, about 30 minutes or until chicken is done (175°F).
4. Meanwhile, place cauliflower in food processor. Cover and pulse until cauliflower is rice-size.
5. Heat remaining 1 Tbsp. oil in the skillet over medium-high heat; add cauliflower, salt, and pepper. Cook 8 to 10 minutes or until you begin to see caramelized flecks

throughout, stirring occasionally. If desired, sprinkle cauliflower with cilantro and additional orange zest. Serve with chicken thighs. **MAKES 4 SERVINGS.**

PER SERVING 285 cal., 13 g fat (3 g sat. fat), 145 mg chol., 526 mg sodium, 9 g carb., 2 g fiber, 5 g sugars, 32 g pro.

CHICKEN ALFREDO CAULIFLOWER RICE BAKE

Pictured on page 92.

HANDS-ON TIME 20 minutes

TOTAL TIME 55 minutes

- 1 2¼- to 2½-lb. head cauliflower, trimmed and broken into florets (6½ cups)
- ¼ cup olive oil
- 1 tsp. dried basil, crushed
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2½ cups fresh baby spinach
- 2 cups chopped rotisserie chicken
- 1 14.5-oz. jar light Alfredo pasta sauce
- 2 Tbsp. grated Parmesan cheese
- ½ cup panko

1. Preheat oven to 400°F. Working in batches, place cauliflower in a food processor; cover and pulse four to six times or until resembles rice.
 2. Transfer cauliflower rice to a 3-qt. casserole. Drizzle with 2 Tbsp. oil and sprinkle with basil, salt, and pepper; toss to coat. Bake 15 minutes.
 3. Stir in spinach, chicken, and pasta sauce; sprinkle with cheese. Combine panko and remaining 2 Tbsp. oil; sprinkle over cauliflower mixture. Bake 20 to 25 minutes more or until top is brown. **MAKES 6 SERVINGS.**
- PER SERVING** 255 cal., 16 g fat (6 g sat. fat), 83 mg chol., 743 mg sodium, 12 g carb., 2 g fiber, 3 g sugars, 17 g pro.

CAULIFLOWER TABBOULEH

Pictured on page 93.

HANDS-ON TIME 20 minutes

TOTAL TIME 1 hour 20 minutes

- 3 Tbsp. extra virgin olive oil
- 1 1½-lb. head cauliflower, finely chopped (5 cups)*
- 1½ tsp. kosher salt
- 1 lemon (1 Tbsp. zest; ¼ cup juice)
- ½ tsp. sugar
- ½ cup sliced green onion
- 1 cup chopped fresh herbs, such as mint, parsley, and/or dill
- 1 cup cherry tomatoes, halved
- 1 cup seeded and chopped cucumber
- ½ cup sunflower kernels
- Lemon wedges
- Olive oil

1. Heat the olive oil in an extra-large nonstick skillet over medium-high heat. Add the cauliflower and 1 tsp. salt to the hot skillet. Cook, stirring occasionally, about 5 minutes or until crisp-tender. Spread cauliflower out on a large baking sheet to cool.
 2. In a large bowl stir together the remaining salt, lemon zest and juice, and sugar. Add cooled cauliflower, green onion, herbs, tomatoes, and cucumber. Cover; let stand at room temperature for 1 hour, stirring occasionally.
 3. Just before serving, stir in sunflower kernels. Serve with lemon wedges and drizzle with additional olive oil, if desired. **MAKES 4 SERVINGS.**
- ***TIP** Substitute two 10-oz. pkg. frozen riced cauliflower, thawed.
- PER SERVING** 241 cal., 19 g fat (2 g sat. fat), 0 mg chol., 576 mg sodium, 16 g carb., 6 g fiber, 6 g sugars, 7 g pro.

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